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BETTER FAST p44

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ABOUT EASY DAYS p33



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LEAN, FAST & STRONG

SIMPLE 15-MINUTE
WORKOUTS p65



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RUNNERS **SWEAT**
MORE THAN OTHERS?

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& BRIEFS - **TESTED** p51

OCTOBER 2015

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WARM-UP

OCTOBER
2015

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PHOTOGRAPH BY SCOTT MODERMOTT

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BY LISA NEVITT

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● STRONG & FAST

In this month's issue, we share a simple, 15-minute workout guaranteed to help you build power and speed. For a video demonstration, visit runnersworld.co.za/getstronger



ON THE COVER

OCTOBER 2015

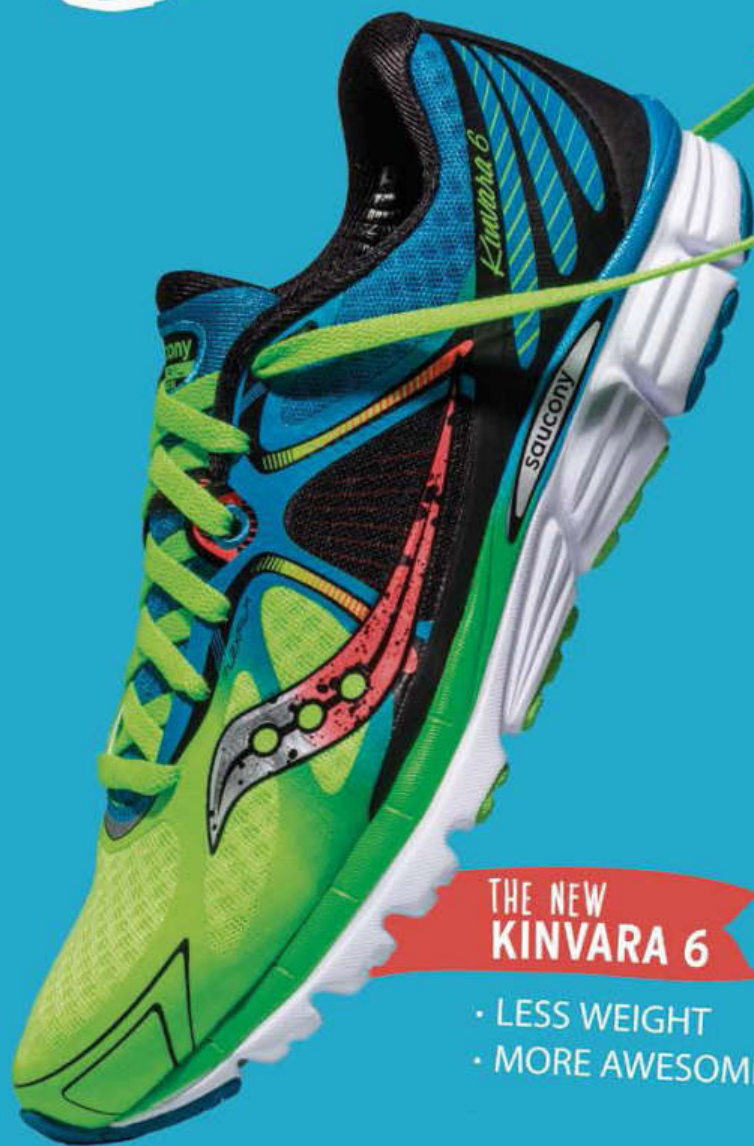


Runner – Sean Sanders @ Boss Models wears vest by Asics, shorts by Puma and shoes by Mizuno.

Hair & make-up by Charmaine de Kock

Photographed by Glen Montgomery

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WARM-UP THE LOOP

THE INBOX

WINNING LETTER AFTER YOU

There's a quiet animosity between runners and cyclists; which is odd, given that many straddle both disciplines. Perhaps it's because we share relatively small spaces, or that we often converge at different speeds, with varying assumptions. The question is, who should give way? Despite all the nuances, I think the answer is simple: I should. Whatever the activity, if I make the effort first, I'll avoid tension, probably spread some goodwill, and then happily return to running. - BARRY MAITLAND-STUART, RANDBURG

THE BEST MEDICINE

When my mother passed away, my world fell apart, despite me still having my health and a wonderful remaining family. But one day I decided to go for a short run – a shuffle. I felt great. So next time, I ran a little longer and faster. I loved it. My running mantra included words dedicated to my Mom, and the more I ran, the more my mind seemed clearer. Today, thanks to running, I'm laughing again. - THERESE MUNDL, VAAL REEFS

FUTURE STARS

As always, it was inspirational reading Mike Finch's Ed's Letter (RW August 2015). He said, "The greatest form of development is having role models to follow." Role models show our children that life is a self-service restaurant, because nobody owes them success. They teach them to turn setbacks into stepping-stones. Many of today's elite sportsmen and women were inspired by the likes of Zola Budd-Pieterse. - THEMBA J NKOSI, MADADENI

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THE CLEAN-UP

"Years of good advice, motivation, training plans, race diaries, articles and pics. Had to let 'em go in the big clean up, but much has been committed to memory and much is now in the legs. Couldn't let go of the naked 10-year anniversary edition, or the 150th edition, though! Roll on the next edition." - *craigbeep*

THE POLL

Do you wear underwear when you run?

Yes
Obviously!

49%

No
Commando it is!

26%

No
My running tights do the job.

23%

Sometimes
Depends on my mood.

2%



Turn to
p54
to see more!

TWEET OF THE MONTH

**"DON'T DREAM
OF WINNING;
TRAIN FOR IT!
#ONEMOMILE
#MADMO
#MOKNOWS"**
- @MO_FARAH



THE GALLERY

#INSTARWRUN

We asked runners to show off their running experiences. Here are four submissions that made us envious.



"Awesome run over the #nelsonmandelabridge #running #runjozi #totalsportswomensrace #10k #jozi #instarwrun" - [inhilthead](#)



"Where to next? Our fearless leader looks for a route." - [romangal30](#)



"The #VarsityKudus #halfmarathon is always a toughie. The only flat bit is just before the finish line. Great to get a second #halfmarathon done in the same week - my 14th this year. #nikeplus" - [craigbeepie](#)



"Enjoying the sunset from the top of Table Mountain #trailworld #trailrunning #sightrunning @tablemountainca #getoutsidasa" - [runcapetown](#)

READER COMMENTS

f WHERE'S YOUR FAVOURITE SPOT TO RUN?

"Anywhere with a good friend. The company is usually better than the scenery!" - [Jenny Lancaster](#)

"The beachfront promenade in Durban." - [Shaunesh Maharaj](#)

"Definitely Table Mountain!" - [Justin Dearham](#)

"I love running on the Ngoje trail, in Eshowe." - [Ann Turner](#)

"Gray Wolf River trails, in the Buckhorn Wilderness area on the Olympic peninsula." - [Harold Sumption](#)



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RATE YOUR
RACE



10TH AFRIFORUM SPRINGBOK VASBYT

"Bagpipes guide you to the start line, and then a bugler plays the Last Post, to commemorate our fallen soldiers. Next, two aircraft fly incredibly close together and low to the ground. The starting gun is a cannon, which certainly gets you going. The 10-K is challenging, because



you have to climb hills through Fort Schanskop; and just when you think you're home free, you're diverted up steps, for a lap of the Voortrekker Monument. But then there's a downhill, all the way to the finish." - [Daniel](#)



VISIT WWW.RUNNERSWORLD.CO.ZA/EVENTS AFTER YOUR RACE TO SHARE YOUR EXPERIENCE.

PHOTOGRAPHS BY JAMES GARAGHTY (UNDERWEAR); COURTESY OF RACE ORGANISERS (SPRINGBOK VASBYT)

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Go Further

MONKS COWL, DRAKENSBERG

PHOTOGRAPHS & WORDS BY

Ewald Sadie

RUNNER

Adele Morkel-Sadie

GPS LOCATION

S29°02'56.2" E29°24'23.6"

TERRAIN

Mostly hard-packed singletrack. Wooden poles cross the trail every few metres, but on some of the routes there are large rocks and river crossings that should be approached with care. Shaded forest trails can be slippery, as they rarely see the sun, and moss-covered rocks and boulders could catch inexperienced runners out. But for the most part, extra care has been taken by trail builders to prevent erosion.

BEST TIME TO RUN

During the winter months, any time of day is suitable; but when summer temperatures soar, stick to the mornings. That said, the shaded forests and cool rivers offer respite at any time of year. Throughout the year, take a hydration pack, some snacks, and another warm layer, as the weather can change quickly.

GRADING

Beginner to advanced. There are eight routes, ranging from an easy 2.5km to an intense 15km. (When I say intense, I mean gruelling and exhausting. And the steep ascents will increase your risk of injury, so take extra care.)

DURATION

Anywhere between 15 →





WARM-UP

RAVE RUN

MONKS COWL, DRAKENSBERG

minutes, for the shorter route, and a few hours for the 15km. The six- to seven-kilometre routes should take a runner of average fitness around 45 minutes.

POST-RUN

Treat yourself to a snack or light meal and a refreshing drink at the tea garden, close to the park entrance: it has a shaded seating area, and a lawn if you prefer to spend a few minutes lazing horizontally, stretching tired muscles. The curio shop is worth a browse.

GETTING THERE


From Durban, follow the N3 towards and past Pietermaritzburg. After approximately 200km, take exit 179 towards Giants Castle/Estcourt. Turn left onto the R600, which will take you to the foot of the Drakensberg, at the Monks Cowl entrance to the Maloti-Drakensberg Park.

INSIDER TIPS

Since this is a wilderness area, you may encounter baboons, duikers, porcupines, black-backed jackal, snakes and a variety of birds. Please refrain from feeding any of these animals. You're also reminded not to litter or make any fires. Note that you may encounter immigrants from Lesotho, who traverse the park. You'll need a day pass to enter the nature reserve, which you can buy at the gate for R35 per person, and a handy map of the area will only set you back R5.

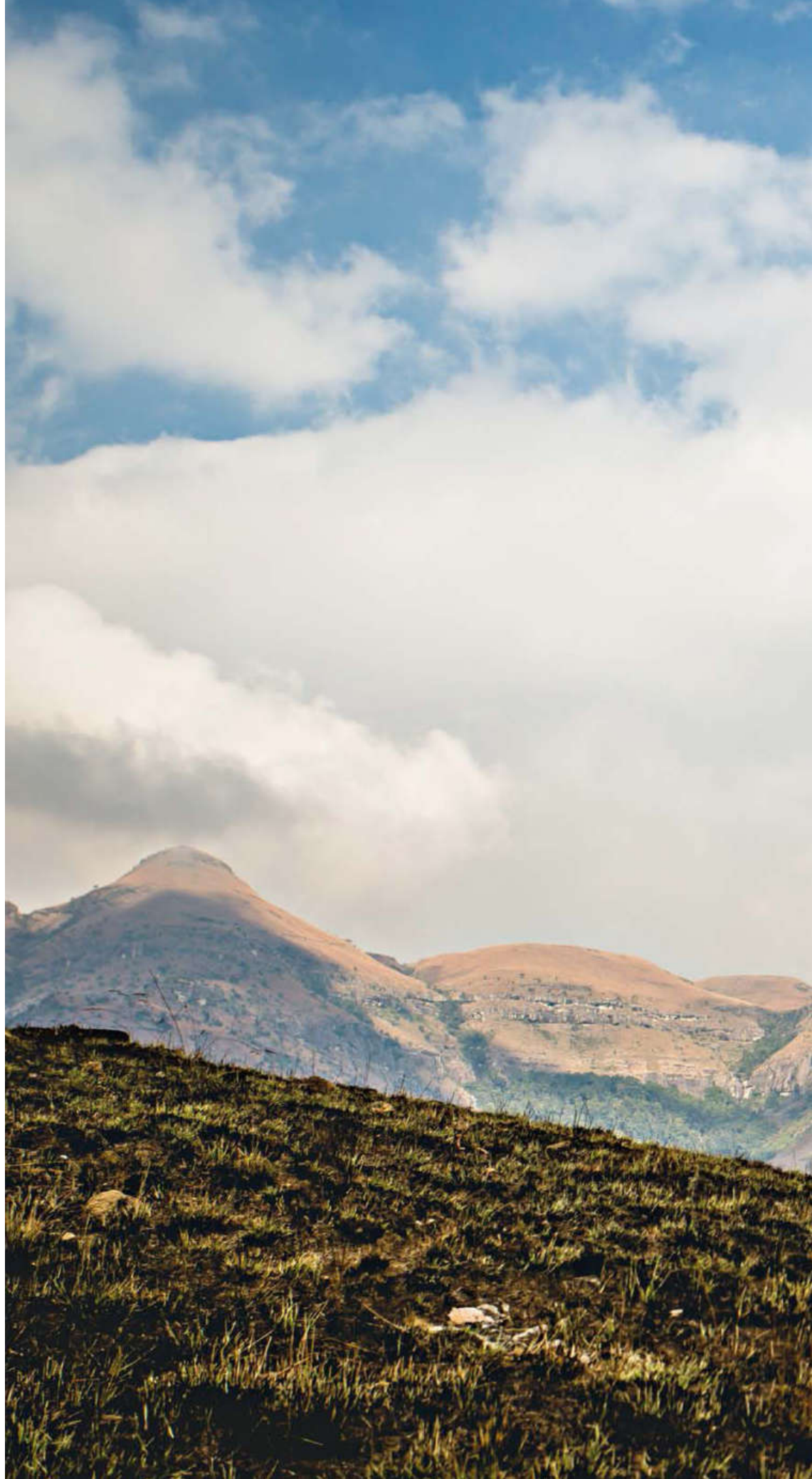
There are various points that overlook waterfalls and rock pools – ideal spots to take a breather.

WORTH NOTING

The park closes at 6pm. 



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WASHIE HONOUR

The Washie 100-miler is on the fringes of South African ultra-distance running – and yet it says so much about the culture of running in SA.

The first story I ever wrote that made it into print was about the Washie 100, way back in 1989. I was a raw 19-year-old cadet working for the *Daily Dispatch* newspaper in East London, and my then-editor, David Denison, decided to throw me in the deep end and send me down to Port Alfred on a Friday night, to follow the race and write a story for the Monday morning edition.

I was to be dropped off by the newspaper photographer, and would then jump into the nearest support vehicle and follow the race

a job. I remember how quiet it was, except for the rhythmic sound of our feet hitting the ground. I watched as his seconds encouraged him at every water point, fed him, massaged his legs, and kept his spirits up. It was an amazing team effort.

But Williams was coming – and coming quickly. I can't remember exactly when he eventually took the lead, but the sun had already peaked above the horizon. East London was just waking up as I watched the PE runner disappear down the road, and a dejected Mohammed drop back to fourth.

Covering that race remains one of the

“During the night I ran two stages of 25km with him on the lonely coastal road, under a full moon; and I remember thinking how lucky I was to be doing this as a job.”

throughout the night – hitch-hiking my way along the route, and recording the drama of this mega-distance event.

The race starts in Port Alfred at 6pm, takes a short 10km route through the town, and then continues through the night all the way to East London, 160km later. Backmarkers have 26 hours in which to finish the tough, undulating course. I was lucky enough to hook up with the crew of Michael Mohammed, who would end up coming fourth.

But the real story came from the eventual winner that year – Marcus Williams. Williams was forced to start the race half an hour after the official start time of 6pm, because his employer wouldn't let him off work early. Which meant that by the time he got going, the leaders were already almost 7km ahead.

In the early part of the race, Mohammed was in the lead. During the night I ran two stages of 25km with him on the lonely coastal road, under a full moon; and I remember thinking how lucky I was to be doing this as

highlights of my life as a journalist. The camaraderie of the teams that supported each and every runner, the sight of the massive bonfire that signals the halfway mark, the incredible determination of the backmarkers who pushed for the full 26 hours – and the amazing energy and passion that went into organising the race.

In his issue we bring you an inspiring photographic feature on this year's Washie (*'The Washie'*, p76), with words by Buffs club secretary Tracy Mackay and photos by Bruce Viaene. It may not be on everyone's bucket list, but it's a race that says so much about runners and running in South Africa. 

MIKE FINCH
EDITOR-IN-CHIEF
@MikeFinchSA



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p22

"RUNNING WAS THE DRIVING FORCE."

A MARKETING MANAGER SHAPES UP.

HUMAN()RACE

p26

NEWS, TRENDS, and REGULAR PEOPLE doing AMAZING THINGS

MEET THE
RADIO
STAR

ONE DIRECTION

NAME: ROB VEMBER

AGE: HE'S NOT SAYING

OCCUPATION: RADIO DJ, KFM/947

Rob Vember has a warm and friendly presenting style that has made him one of South African radio's treasures. But after numerous attempts – and failures – to lose weight, he had to apply the same drive to getting in shape as he'd used to build a national radio profile. Instead of continually trying diet and exercise plans that failed to yield the results he wanted, he made smaller adjustments to his diet, and started running – ensuring a healthy lifestyle he could sustain. So far he's lost 30 kilograms – and he has no intention of stopping there...

By André Valentine



Initially, I lost weight by cutting out carbs and sugar from my diet. But at an event or family function I wouldn't deny myself cake, because I knew I would run it off and return to healthy eating. Life's about balance.

I was inspired to run after I moved house. I had to take my dogs out for walks, because the grounds at my new place were too small for them to run around in. Although walking my dogs was 'exercise', it was more about the dogs than me; so then I decided to start running and walking on my own.

My first run was frustrating. I only got as far as the next corner from my house before I felt finished. I felt mentally defeated, because I knew I hadn't run far. It made me realise how unfit I was.

Mostly, I walked, but as I progressed, I started running longer distances. Now I can run, non-stop, for at least five kilometres before I need a walk break.

"...I don't want that person to see me not running when they pass me."

The shoes I first ran in were an old pair I used to wear at high school. Because I'd lost weight before, only to pile it all back on again, I decided not to commit to buying a new pair until I was sure I could stick to my new regime. I ran off half of that 30 kilograms wearing my old shoes.

Distance was how I measured my running. I began by walking and running, and then worked my way up to running only. Once I'd managed to run the entire way without walking, I increased my distance.

I set goals for myself. I would run from my gate to a substation 700 metres away, then walk and run. Once I'd mastered that, I would set another marker, this time further away.

Vember's first pair of running shoes – an old pair from his high-school days.



I tried cycling. I finished the Cape Town Cycle Tour twice, but I never felt safe on the bike. Running feels more natural.


One of the most validating experiences was seeing my fitness improve – knowing I could run that little bit further than I had before.

My biggest motivation to keep going is seeing someone running towards me. No matter how much I'm huffing and puffing, I don't want that person to see me not running when they pass me.

My next goal? I would love to run a half marathon. After that, it's likely I'll go on to finish a full marathon. I don't know if I have the mental capacity to do Comrades – although, you never know...

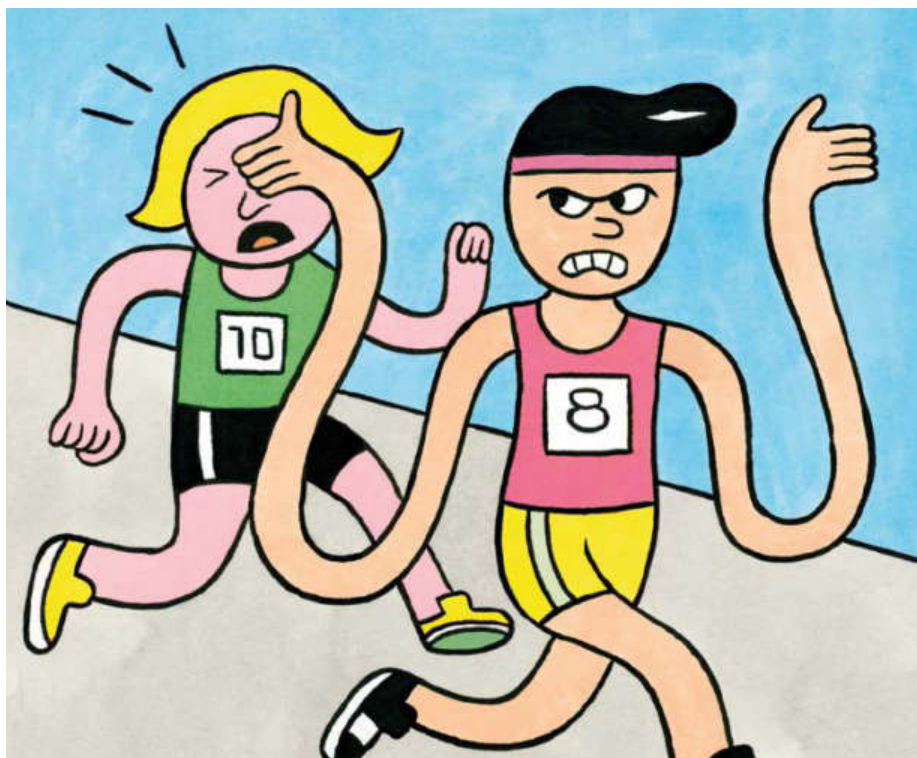
The end of a run is the best part – probably because it's all over! I'm not sure if it's endorphins, or self-realisation, but at the end of a run I feel proud of myself for having covered the distance.

When I drive a certain distance and think, *I ran this yesterday*, it's one of the most validating experiences ever.

My advice for beginner runners is to allow yourself walk breaks, and start with short distances. You *will* get there. Be realistic about yourself: I'm still overweight, and I still have belly fat – I'm not going to deny that – but I'm better now than I was before. If you're honest about your situation, you have something to work towards. 

The Singlet

BECAUSE RUNNING ISN'T
JUST ABOUT STRING VESTS.



TOUCHY SUBJECT

At kilometre 18 of a half marathon, a woman said to me, “Watch your arms!” Do you think I should watch my arms, or should she watch her mouth? – KIRSTY, Bronkhorstspuit

Some people have terrible running styles – that’s a fact – but one of the all-time worsts is the windmill. A rare Dutch variant, whereby an otherwise

condition. It’s also possible that – please excuse the use of a gender ‘othering’ term – you run like a girl. Employed by members of both genders, this technique occurs when the arms are tucked in at the sides, yet bent at the elbows so that the forearms wave around like those of a T-Rex. And in severe cases, the hands are splayed outwards, too.

Your running style aside, the woman should watch her

I’ve had this dilemma over the unearned trappings of time and tribulation. You train for a mega-race, you literally sweat blood and tears – as Donald Trump would say, “tears coming out of your whatever” – but then disaster strikes, and you get injured, or you have to help your stepmom with her haemorrhoids.

Still, you paid to enter the race, so the T-shirt, the bag, the jacket or the branded buff arrive (via your buddy who actually ran it). But what do you do now?

I agonised over this for a while, mainly because South Africans love to talk about races. Ad nauseam. So if you wear race kit in public, you have to be able to spin the right yarn about what went down that year.

The solution I settled on is that if I haven’t started or completed the race, then I won’t wear the kit until I’ve done so. If I’ve no intention of trying again, I give it away to the homeless. The only other option is to stash it in your cupboard, so you can wear it while gardening or washing the car.



“The arms flop around like wayward slinky springs, knocking ice-cream cones out of the hands of unsuspecting children...”

normal runner seems to have zero control over his arms, it’s the opposite of the stiff way in which Forrest Gump runs. The arms flop around like wayward slinky springs, knocking ice-cream cones out of the hands of unsuspecting children, and slapping the oversized headphones off Emo teens.

You may suffer from this

mouth. Throwing a chirp at you, at that stage in your race, is like giving Ernie Els putting tips when he’s in a play-off at the Masters.

FAKE IT ‘TIL YOU MAKE IT?
Is it dishonest to wear a race T-shirt for an event if you haven’t actually participated in it? – JAMES, Potchefstroom



ASK THE TRAIL STAR
Ryan Sandes

Do you ever worry about getting lost?

– GUY, Bellville

In 2011, I took the Salomon International team for a run in Groenkloof Nature Reserve, Pretoria. After we’d run around in circles for 45 minutes, it became clear we were lost. Kilian [Jornet] kindly asked me for the map, and took over.

I’d like to think my sense of direction has improved since then (although my wife, Vanessa, disagrees). I find exploring new trails exciting, because the idea of not knowing where I’m going intrigues me. But that doesn’t mean to say I run blindly into the mountains – on the contrary, I respect them.

I research and prepare for

“...I use a map and my GPS watch...”

the area I’ll be running in, as in the mountains, things can go wrong rapidly. I ask a local runner to show me all the best trails, and help me better understand the area. If this isn’t an option, I use a map and my GPS watch to track where I’m going; and more importantly, where I’ve come from. In Europe and the US, the mountains are generally well signposted, which helps, but even so, there have been times I’ve got a little lost.

I always carry a fully-charged cell phone, lots of food and water, and some warm clothing and emergency gear, in case I get stuck out there for longer than I intended.

Ryan Sandes – a.k.a. ‘Hedgie’ – is a trail-running supremo, with race wins too numerous to mention.



**HUMAN
RACE**

RUN IT OFF CLUB

A TOUGH PHIL TO SWALLOW

A marketing manager realised he'd have to shape up if he wanted a sporting job title.

THE WAKE-UP

My lifestyle was a vicious circle of booze and a poor diet. But it was only when my wife left me that I became increasingly aware of, and ashamed of, what I looked like. And I was hardly the poster child for the sporting giant I wanted to work for, which made getting in shape even more of a pressing concern.

THE SHAKE-UP

I started running at 11pm, when it was dark; that way nobody could see what a mess I looked. I began by running from one lamppost to another, followed by a small section of walking. But soon I was running five times a week, and I'd given up booze and fatty foods in favour of a healthy diet.

At first, my sleeping habits were affected, because I found running so exhilarating that I struggled to slow my racing mind afterwards. Eventually, when I had learned to quieten my breathing and my mind, I found peace in my surroundings.



PHIL VENTER

Age: 40

Home Town:
Cape Town

Height: 1.78m

Occupation:
Sports Marketing
Manager, adidas

Time Required:
6 months


Then: 106kg

Now: 76kg

THE REWARD

Running was the driving force behind my weight loss. When I got my physical engine up and running, in turn, that kick-started my mental, emotional and spiritual engines, too. So a healthy body really does mean a healthy mind.

Since that first, tentative jog in the dark, I've completed a number of half and full marathons. When I show people photographs of how I looked before I lost all the weight, they are genuinely shocked at how good I look now. Although it's not the reason I started running to lose weight, of course affirmation from others is an added bonus!

– As told to Lisa Nevitt 





(HUMAN
RACE)

RUNNER BY THE NUMBERS

BEHIND THE SCREENS

RUNNER'S WORLD DIGITAL STAFF

Facebooking, Tweeting, Pinning, Instagramming and updating the *RW* website. Must be the most relaxed job in the world, right? Wrong. For starters, *RW* digital staff do a lot of multi-tasking, are required to have a robust sense of humour, and can get through an entire keg of coffee before you can say 'Haile Gebrselassie'.

Our digital team brings together everything you need to know online – what's happening on local and international soil, the best races of the week, what not to wear, and so much more. We'll be the first to tell you about the fastest shoes in the land, attention-grabbing healthy food trends, and Usain Bolt's latest hair-do.

Here's *Runner's World* online, by the numbers... – PENELOPE CAIRNS

166 907

THE NUMBER OF PAGE VIEWS OUR MOST VISITED ARTICLE RECEIVED:
THE 8-WEEK HALF-MARATHON PROGRAMME

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57



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shoes owned by
the *RW* team

15 700

THE NUMBER OF TWEETS WE'VE SENT TO DATE

3

The number of
people in the
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FOUR

The number of times
runnersworld.co.za
has been redesigned

5 825

#INSTARWRUN PICS

19 769

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every week

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consume daily



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Facebook 'Likes' we've received

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Planet Runner

BY MARK REMY

HILLS. FARTLEKS. BEER.

Is it possible to be one's own marathon coach? Well, why not?

Back in May, for reasons that still mystify me, I registered for an October marathon. I wasn't drunk. Not exactly, anyhow. It wasn't boredom, or a burdensome surplus of cash. (Anyway, it doesn't cost that much to enter a marathon.) It wasn't temporary insanity. Well, maybe it was. How would I know, right? Maybe I'll never understand why I signed up. What I did understand, immediately,



was that I'd need a training plan. And soon. As a veteran of 25 marathons over 20-odd years, I knew the drill – go online for a plan, or else get one from a trusted personal source. (In my case, that would be Budd Coates, RW's US training director and former elite marathoner, with a 2:13 PB.) Either way, the plan would include the usual familiar stuff – the gradual build-up, the tempo runs, long runs, easy days, taper. And either way, I could reliably depend on the plan to get me to the starting line healthy, fit, and ready to run 42.2 kays. This time, I was leaning towards option number one. I would visit the *Runner's World* website, search for a training plan, and tweak it as needed. No mess, no fuss. Then I paused. What if I created my own training plan instead? From scratch? Just to see what would happen? I'm a reasonably competent, intelligent guy. And I've followed

“Design a marathon training plan? Entirely by myself? It felt audacious. Brazen. Saucy! Was I up to the task? Was the student really ready to assume the role of master?”

enough marathon training plans to have learned a thing or two along the way.

Still... Design a marathon training plan? Entirely by myself? It felt audacious. Brazen. Saucy! Was I up to the task? Was the student really ready to assume the role of master?

I was reminded of the scene in *Return of the Jedi* where Luke Skywalker is brought before Darth Vader, who examines Luke's weapon.

“I see you have constructed a new lightsabre,” says Vader, impressed. “Your skills are complete.”

Of course, Luke had the advantage of being the son of a Jedi. My own father was just a Lutheran.

Ultimately, I decided, *What the hell – I'll do it. At this point in my running*

life, what have I got to lose? Also, it could be fun.

And so that's what I did. One night, after the kids were asleep and the house was quiet, I sat down with a cold beer, flexed my fingers like a concert pianist, and got to work.

(Incidentally: midway through the second beer, I noticed that you can easily mistype ‘pianist’ as ‘painist’. Which actually isn't a bad way to describe a runner preparing for a marathon. But I digress.)

Here's what I came up with:

- *The duration of the training (with apologies to Monty Python) shall be 16 weeks. Sixteen shall be the number of weeks, and the number of weeks shall be 16. Seventeen shalt thou not count; neither count thou 15, excepting that thou then proceed to 16.*

Why? Because every other marathon plan I've followed has been 16 weeks long. In a happy

coincidence, my marathon at the time was 18 weeks away. So I would have two weeks to train for my training.

- *I will drink beer, and I will eat ice cream. But not on the same day. And not too much at once. (I alone shall determine what constitutes ‘too much’.)*

I know myself well enough by now to know that I need this safeguard. Without it, ice cream and beer could constitute a third of my total daily kilojoules. That would not be good.

- *No speedwork.*

At this stage in my life, cultivating speed in marathon training doesn't make sense. Train to run short distances fast, and you'll run short distances fast – say, the first five kays of a marathon. Again, not good. So,



What's the best marathon-training advice you ever received?

“Follow a proper training plan and gradually increase your mileage, so you don't get hurt.”

- Mark Trevena

“Slow and steady finishes the race.”

- Demitri Baroutsos

no 400-metre repeats. No ladder workouts. Quality days will be tempo and fartlek runs. Strength-training will be hills and trails.

- *I will not step on a damn athletics track.*

See above.

- *I will measure my long runs by time, not distance.*

I want to run my marathon in about three hours. So my longest long runs will be about three hours.

- *You know what? I'll do all of my runs based on time.*

Crazy, am I? We'll see who's crazy! Hahahaha!

- *My weight will take care of itself.*

I am 45 and weigh 75 kilograms. When I ran my 42.2 PB at age 29, I weighed 70. Trying to get my weight down to 70 would be as stupid as trying to get my age down to 29.

- *I will do one set of push-ups, to failure, after every run. Just because push-ups make me feel like I'm getting stronger.*

There's a lot to be said for doing things that make you feel stronger, even if the real impact is negligible.

- *I will end each long run with three to five kays at marathon goal pace or faster.*

This just seems smart.

- *I will cut back kilometres as needed.*

Rather than reducing mileage at predetermined intervals, I'll do so when my body tells me to. Implicit in this is the hope that I'm wise enough by now to distinguish between ‘tiredness’ and true fatigue.


- *I will use the Force.*

I will feel it flowing through me.

Will it work? I'll know soon. My marathon will take place on 4 October. I'll file a report shortly after.

Meantime: late in the process of building my new lightsabre – er, training plan – I recalled something. Budd Coates? The guru who helped me with so many previous plans?

He likes to call himself Yoda.

Kid you I do not. 

Mark Remy is a *Runner's World* US writer at large.

NAME **Emmanuelle Blanck** AGE **49** PROFESSION **Digital art director for Chanel**



Early morning is the best time to run the narrow one-way streets of Île Saint-Louis, one of two islands in the middle of the Seine.

I NEVER RUN INSIDE, even if it's raining or cold. Paris is a city of such beauty, there's no reason to be on a treadmill in a gym. I take my sport out my door.

My favourite place to run is la Coulée Verte. It goes five kilometres from the hip, bohemian Bastille neighbourhood where I live, to the more suburban Vincennes area and the Bois de Vincennes, Paris's largest park. It's a converted elevated railway – I believe it inspired New York City's High Line? – and once you ascend the stairs, it's like you've discovered a secret realm above the city. You're suspended over bright, grassy lawns, and at eye-level with many of the old Haussmann apartment buildings, with their grand facades of cream-coloured limestone, cornices, and balconies.

I do my long runs on Sunday. I'll take the bridge to Île Saint-Louis, the smaller of two neighbouring natural islands in the middle of the Seine. In the early morning, before the winding pavements fill with residents carrying bundles from farmers' markets or the *boulangerie* [bakery], the narrow one-way streets are misty and quiet. It's beautiful. The island is small, just 12 city blocks, so it's a great place to do laps. From the south end, you can see Notre-Dame, just across the water on the neighbouring island of Île de la Cité.

From there, I'll cross the Seine to the Right Bank and run to the courtyard of the Louvre Palace and around the Louvre Pyramid; at 7 or 8 in the morning, when the courtyard is empty, it feels like the palace is your own. Sometimes, when the sun hits the glass on the pyramid, I'll stop and take a picture with my phone. After that I'll loop around the Tuileries, the public garden between the Louvre and the Place de la Concorde known for



From top: the Eiffel Tower, the River Seine, the Louvre Palace and Pyramid, and Notre-Dame Cathedral.




its sculptures, fountains, and formal gardens. I'll cross the Seine to the Left Bank, where the road along the river is closed to cars, and continue along to the Eiffel Tower. My long run is anywhere from 12 to 30 kilometres.

I run four or five days a week. Twice a week, I run with a club at the Paul Faber stadium called Les étoiles du 8ème, which means the stars of the eighth arrondissement. There are 120 of us, aged from 20 to 55. We're about 40 per cent women, and a mix of students and professionals.

Though running as a sport is growing in Paris, it's still more common to see strolling couples on the pavement than it is to see runners. Running happens mostly at places designated for sport, like tracks or parks. [Editor's note: The Paris Marathon is one of the world's largest, at 50 000, and has a course record of 2:05.04, set by Ethiopian Kenenisa Bekele in April 2014.] Soccer, tennis, swimming, biking – even going to the gym – are more popular. But clubs and social networking are making running more mainstream. I sometimes run with a club called Free Runners. It started in 2014; we're basically a family of runners who meet in small groups and run together.

There's a road alongside the bank of the Seine that's closed to cars on Sundays for the benefit of runners and cyclists. At night during the summer, you can see the docked boats filled with bars, music, and people dancing. We Free Runners do a 'Happy Friday Run'. We run eight to 10 kilometres at an easy pace, then stop at a bar, enjoy a drink, and talk about running.

Where else but Paris could you so easily pair wine with your run? 

As told to Lauren Seligman



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OUR HEARTS ARE IN IT



As seen on DStv *Opinion* JHB 5021 6/O

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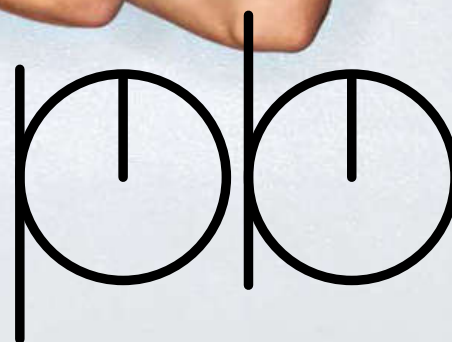
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A male runner is captured in mid-air, performing a box jump over a wooden crate. He is wearing a bright yellow-green athletic tank top, black compression shorts, and black running shoes with yellow laces and accents. The background is a plain, light-colored wall.

30 | 38 | 44 | 51
TRAINING | FUEL | MIND+BODY | GEAR




PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

Studies show that exercises like box jumps improve running efficiency, which can translate to faster finishes at any distance.

POWER PLAY

If you've ever sprinted to the finish of a 5-K, you understand the importance of fast-twitch muscle fibres (even if you wouldn't use those exact words). They power short bursts of speed, and an excellent way to develop that strength is with plyometric exercises, such as box jumps (*pictured*), jump squats, and high skips. Runners who tackle longer distances or who never race at all also benefit from these challenging exercises. At the end of a long run or race, when slow-twitch muscles become fatigued, well-trained fast-twitch muscles can take up the slack, allowing you to run longer. To learn how to work plyometrics into your training plan, see page 32. 



TRAINING

MASTER A PLAN

How to schedule key training elements to become healthier, stronger, and faster.

By A.C. Shilton



Do the bulk of your running – including most long runs – at a comfortable pace.

BETWEEN WORK, FAMILY, AND SOCIAL OBLIGATIONS, life can feel like a game of scheduling Tetris: so many moving pieces and a limited amount of time to fit them in. If you plan to run whenever you have a free moment, you may rarely get out at all – and when you do, you won't be reaping the benefits of a more thought-out approach.

"A training plan gives you direction and structure," says Dr Mackenzie Madison, a professional triathlete and coach. "It brings variety, too, so you're not doing the same thing every day."

Variation has physical benefits as well. Research shows that picking up the pace for short bits of time provides extra cardiovascular benefits and can aid in weight loss. Adding in weight training can help prevent injuries and improve bone density. Having a plan can keep you from overdoing it, since rest and hard efforts are matched in perfect equilibrium. And it can give you confidence you can bring to your next race.

Coaches and commercially available training plans are good ways to add structure to your routine, but a DIY approach is doable, too. If you follow a few basic guidelines, you should be able to plan your own training or adjust a pre-existing plan to fit your lifestyle.

PLOT THREE DAYS

"Three quality days per week is how much a person needs to run to improve," says coach Dr Cliff Latham. "If you're doing a long run one day, a tempo run another day, and intervals on a third day, you're going to see improvement." And improvement doesn't just mean faster race times: these workouts ramp up kilojoule-burning, boost overall health, and make you a more confident runner.

Long runs build endurance and mental toughness, and you don't have to go super-long to benefit. Latham says that athletes who aren't training to race a half marathon or longer can

run up to 12 kilometres. Build your distance slowly, adding no more than a kilometre a week, and keep the pace easy. Many runners plan long runs for the weekend, when most of us have more time to cover the distance.

Rushed weekdays are great for interval runs, which are time-efficient and effective: a 2012 review of studies found that interval training reduced the risk of issues like high blood pressure and insulin sensitivity, while a 2015 study found that subjects who included bursts of speed kept burning kilojoules at a higher-than-normal rate post-workout. Intervals can last from 30 seconds to a full kilometre, with periods of walking or jogging separating the 'on'



Build upper-body strength – and find relief from hotter weather – in the pool.

periods. The effort should feel hard but not all-out – close to 5-K pace.

Tempo runs – sustained efforts at a comfortably hard pace – blend the endurance-boosting properties of long runs with the speed-developing properties of intervals. Tempo runs help you train your body and brain to turn up the pace and keep it there.

On the other four days of the week, if you choose to run, go at an easy pace.

BUILD IN BREAKS

It's almost impossible to give a blanket recommendation for how much rest you'll need. "It depends on age and experience and whether you're injury-prone or not," says coach Jennifer Harrison. "A good rule is don't run two hard days back-to-back." (And long-run days count as hard days, even though the pace is easy.)

Also, know that a rest day doesn't mean you have to be totally slothful. The athletes Harrison coaches swim on rest days. These athletes might be on to something: triathletes in a 2010 study who swam after a hard interval run were able to run harder than those who rested in a "time to fatigue" test the next day. If swimming isn't your thing, Latham says his athletes practise active recovery – yoga, walking, or going for an easy bike ride. But be sure to take at least one day a week – two if you're just starting out, injury-prone, or susceptible to mental burnout – completely off from exercise.

ADD TIME TO EASE IN (& OUT)

It can be tempting to jump right into your workout, but Madison says that's a bad idea. Your body needs at least 15 minutes to increase bloodflow to major muscle groups. And a 2012 study found that

athletes who performed a dynamic warm-up had more hamstring flexibility and quad strength than those who did no warm-up. Increased flexibility helps protect against injuries, especially when running intervals or at tempo pace. Consider starting workouts – especially hard ones – with jogging and plyometrics to activate key running muscles.

Madison says that early-morning runners in particular need warm-up time, since we're mostly stationary as we sleep. But Dr Joe McConkey, a coach, says evening runners aren't off the hook: "You've been sitting all day, so you may need to allow for a longer warm-up – particularly before high-intensity work." His athletes do 10 to 15 minutes of jogging plus a few drills and dynamic stretches (like skips and high-knees) before beginning the fast portion of a workout.

Don't forget to do a cooldown, too. "When →



ASK THE SCIENTIST
Ross Tucker

Does running addiction exist?

– GARY, Camperdown

The short answer is yes; however, the word 'addiction' is loaded with connotations, so it's safer to refer to it as 'compulsive running behaviour'.

Rapper Eminem has described himself as a running addict; he took it up as a means of losing weight, and to combat his alcohol and drug addictions. Such was his obsession with burning kilojoules that eventually he was running 26 kilometres on a treadmill every day. He puts this behaviour down to his 'addict's brain'. He had, in effect, swapped one addiction for another.

Eminem's story highlights people's need to replace a negative behaviour with a positive behaviour, such as

"...loving running becomes almost pathological..."

running. But obsessive running and disordered eating are the kind of controlling behaviour that's actually unhealthy.

Certainly, running is a healthy way to 'conquer demons'. But ask yourself honestly: *what is the root cause of my problem, and is running merely obscuring it?* The solution might be better sought through professional intervention, rather than simply adding more running.

There's a line beyond which loving running becomes almost pathological, and it pays to be sensitive to it. There's more enjoyment in wanting to run than needing to.

RW Scientific Editor Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

WHEN LIFE STRIKES

Sometimes you just can't get out for your run. Here's what to do if...

...YOU HAVE TO MISS ONE WORKOUT

If it's a once-in-a-while thing, let it go, says coach Harrison. If you're consistently missing one key workout a week, however, you need to either re-evaluate your schedule or re-evaluate your goals.

...YOU HAVE TO MISS TWO WORKOUTS

Reschedule the workout that best aligns with your goal and skip the other. For example, if you're prepping for a marathon, prioritise your long run. If you're trying to lose weight, keep the intervals.

...YOU WERE UP ALL NIGHT WITH A SICK KID

"If it's a single, fluke night of no sleep, you can probably rally and complete your morning workout," says Harrison. "If it's several nights of no sleep, skip it and sleep in."

...YOU JUST CAN'T FIND TIME, REGULARLY

Harrison says that when her twins were babies, she often split workouts in half, doing two 20-minute sessions instead of a 40-minute run. Do what you can in the time you have.



→ we're working hard, all systems are firing," Madison says, "but when we suddenly stop, all of these systems slam on the brakes without letting our bodies return to normal." Jog for a few minutes after a hard workout, then downshift to a walk. Build in at least 10 minutes after interval or tempo runs, though Madison says you can use the final kilometre or two of a long or easy run to start the cool-down process.

SET ASIDE STRENGTH TIME

Madison's athletes complete two hour-long strength-training sessions a week, plus three sessions of core training. (If that sounds like a lot, know that it can mean simply doing a few planks, leg lifts, and oblique crunches after a run.) She recommends dedicating one weight-training day to building power with drills and plyometrics like walking lunges and box jumps, while the other should be used to work on total-body strength and stability.

Prioritise the core work. If you can only fit in one strength

session a week, focus on power one week and strength and stability the next. Latham says that if you're truly time-starved, try lifting heavy weights for fewer reps. Doing as few as three or four reps with the max weight you can manage builds strength quickly.

When you do your strength-training is a matter of personal preference. If you do it after a tough workout, you can take the next day completely off. "But mentally, that can be hard," Latham says. If the choice is doing it on your easy day or not doing it at all, do it on your easy day.

TAKE TIME TO RECOVER

To feel the best on all your runs, do things in between to help your body rebuild. "Make sure you're eating a protein-rich snack after you run," says Madison, especially after hard workouts or runs lasting longer than an hour. You should also try to get enough sleep – however much you need to wake feeling rested – as well as quality time with your


foam roller. "Foam rolling is a method of working out the scar tissue that we all have in our muscles," Madison says. Focus mainly on your lower body – the quads, hamstrings, calves, glutes, and IT bands are especially important to target.

Harrison recommends rolling for 15 to 20 minutes a day. As a minimum, try to get five minutes in every day, and save longer sessions for after tough workouts. The easiest way to get your daily dose? Keep your foam roller near your TV. When you plop down to log some tube time, you'll see it and remember to use it.

TRAIN TO RACE

If you're targeting a race, try to start most long runs at the time of day your race will begin. Harrison says racers should do one or two dress rehearsal long runs in the weeks leading up to the taper to test out what they'll eat the day before and morning of the race, how they'll fuel mid-run, and even what they'll wear.

Even your pace during rehearsal runs – for at least several kilometres – should mimic race day, says Madison. Pre-run oats might work for you on easy days, but if your stomach revolts when you speed up, you'll be glad to learn that in advance.

When to start your taper is a personal choice, says McConkey. Some half and full marathoners taper for a few weeks, while 5-K and 10-K runners need less taper time. And remember, taper doesn't mean slow: "It should be shorter volume, more rest, but with the intensity still up," says McConkey. Do fewer, shorter reps at your usual pace during speed sessions. Harrison tells her athletes to do only four repeats "so they can keep that snap but not exhaust their legs," she says. "The key is to keep muscle memory and snap alive." 

WHEN TO WING IT
While having a plan is important, it shouldn't own you. Bend the rules for these scenarios.

YOUR FRIENDS MEET FOR A LONG RUN ON A DIFFERENT DAY TO WHAT YOU'D PLANNED.

"I don't have a problem with my athletes doing a group run, so long as they stick to the structure," says coach Harrison. Go, but if someone in the group opts to treat long-run day like tempo day, don't get sucked into the faster pace.

THERE'S A FUN 5-K YOU WANT TO JUMP INTO AT THE LAST MINUTE.

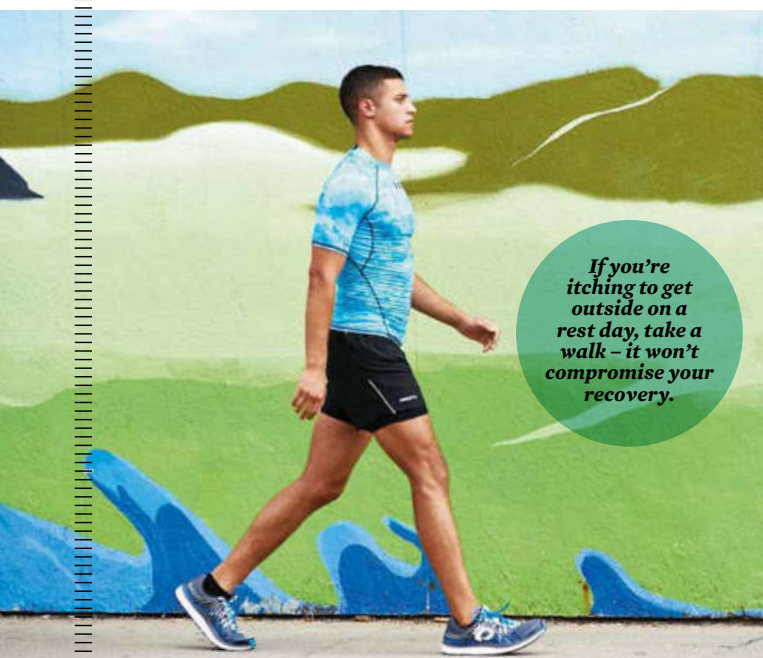
"Do fun things when you can; just know that it might jeopardise the next day of training," says coach Madison. Also, if you're just a few weeks away from a goal race, skip the extra starting line.

YOU MISSED A HARD WORKOUT, SO YOU DO IT THE DAY BEFORE YOUR LONG RUN.

"I like this method because your legs are already tired," says coach Latham; learning how to run on tired legs can help you late in tough workouts or races. Don't do this regularly – your long runs should usually be between easy or rest days – but it's okay once in a while.

YOU'RE EXHAUSTED OR JUST NOT FEELING IT.

Building a schedule takes a fair amount of trial and error; you have to figure out how much rest and recovery you need. Listen to your body – not your Google Calendar alert.

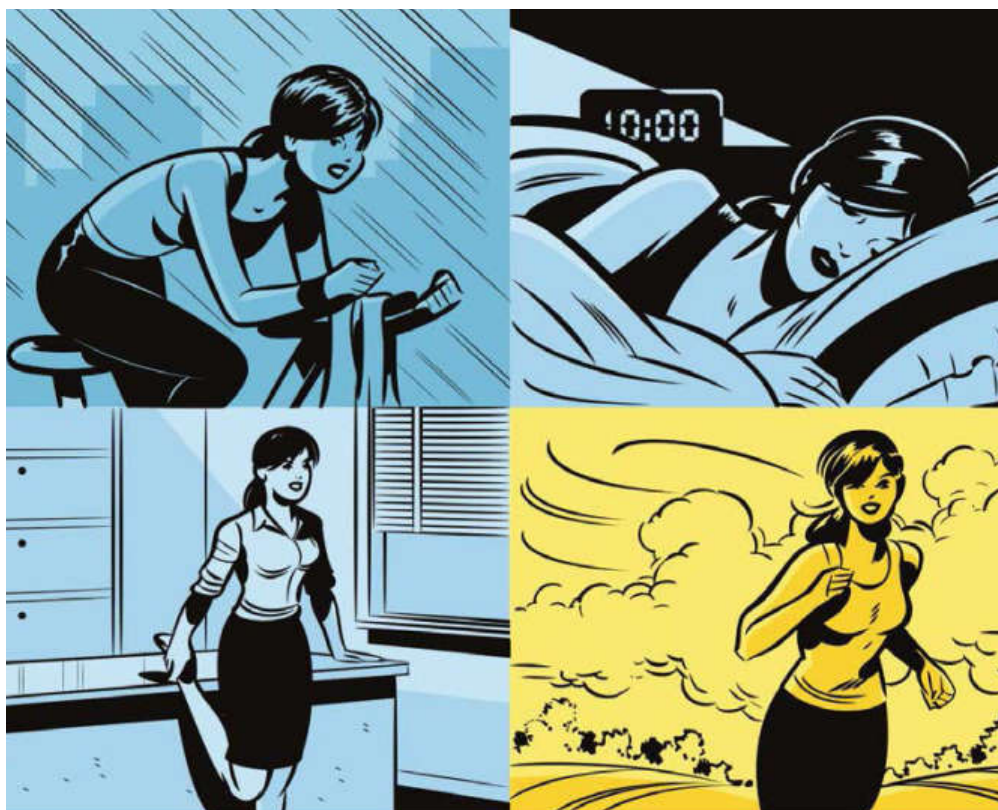


If you're itching to get outside on a rest day, take a walk – it won't compromise your recovery.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



RUN, RECOVER, REPEAT

Treat your body well all day to maximise your kilometres.

➔ You already know that running has significant health benefits. What you may not realise is that what you do between runs affects how much your body gains from your workouts. Running every other day, as I recommend, gives you time to recover and reduces your risk of injury. And there are other rules you can follow to ensure that your non-running time helps (and doesn't hinder) your efforts.

DO Cross-train

Activities like spinning, using the elliptical, and aqua-jogging improve your fitness without generating impact on your body. Cross-train on non-running days to build your cardiovascular system and work your muscles in a different way. Recharge with at least one total rest day per week.


DON'T Stay up late

Just because you aren't getting up early tomorrow to run doesn't mean you should delay your bedtime – no recovery method beats a solid night of shuteye, and you're more likely to sleep well consistently when you go to bed and wake up at around the same times every day.

DO Fuel properly

Take in carbs and protein within 30 minutes of finishing every run to help your body restock its energy stores (and to avoid feeling like you're starving later). After short runs (five kays or less), consume about 420 kilojoules. Long runs (20 kays or more) require up to 1250 kilojoules. For in-between runs, eat an in-between amount. If you run right before breakfast or dinner, simply refuel at your meal.

DON'T Relax too much

Most people – even runners – spend too much time on their bums. Standing up and moving around every 15 minutes or so can prevent flexibility issues and improve overall health. 

You Asked Me

Jeff answers your questions.

Do compression socks help recovery?

Some research has found that compression sleeves or socks that cover the calves can speed recovery after hard workouts. However, they won't counteract the negative effects of overdoing your running or not sleeping enough.

What if I still feel tired after a rest day?

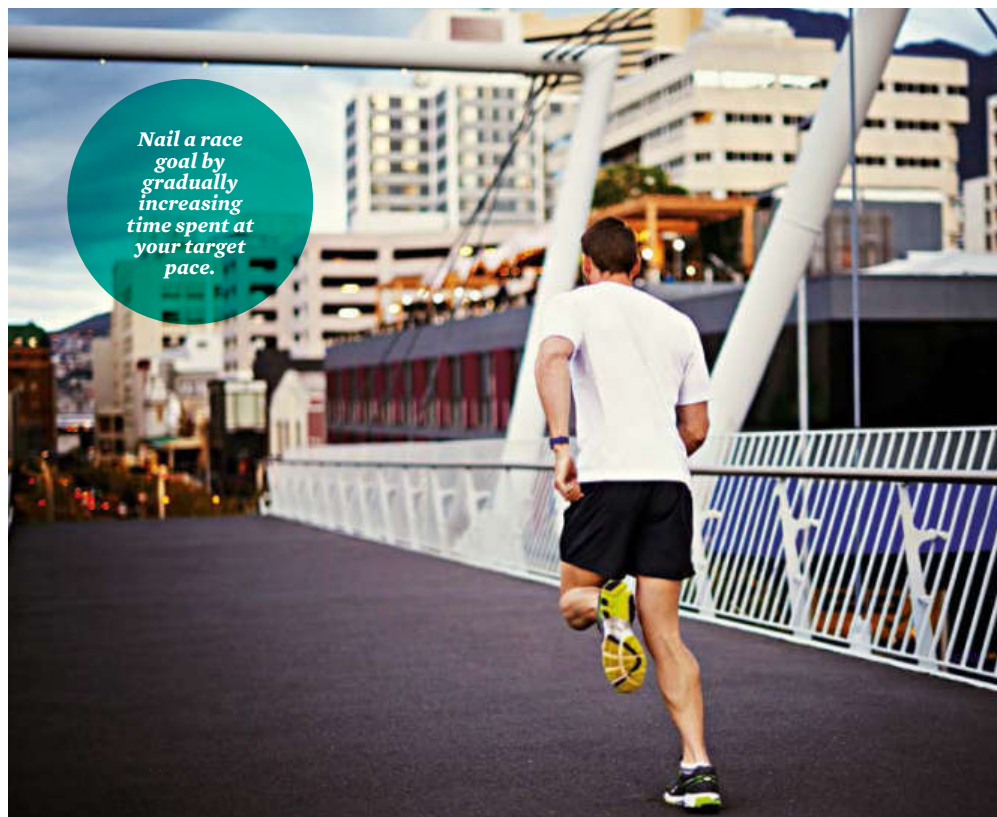
Walking will help increase bloodflow to the muscles, which can boost energy. After five to 10 minutes of walking, try five to 10 seconds of slow jogging, followed by 50 to 60 seconds of walking. This can invigorate a walk without increasing fatigue.

The Excuse

I forget to move around when I'm working or watching TV.

BEAT IT

At the office, a timer can remind you to stand, until you get in the habit. At home, move around during advertisement breaks. In either setting, drink lots of water. You'll need to get up to refill your glass as well as to use the bathroom – and you'll be well hydrated.



Nail a race goal by gradually increasing time spent at your target pace.

BRIDGE THE GAP

Progress to a PB with reps at current and goal paces.

➔ In November 1968, Steve Prefontaine was a high school pupil with a two-mile (3 200m) best of 9.01, set the previous spring. His audacious goal for his matric year: 8.40, well under the national high-school record of 8.48. To get him there, his coach, Walt McClure, devised a training plan based on the principles he'd learned while running for University of Oregon coach Bill Bowerman. The plan involved workouts that mixed running at goal pace (2.45 per kilometre for Prefontaine) and running at what Bowerman called "date pace" – the pace Prefontaine could sustain in a hypothetical race held right then.

Training at these two paces is an effective way of plotting your progress toward an ambitious goal, making it instantly clear where you currently stand, how quickly you need to improve to peak at the right time, and whether you're on track to succeed. Prefontaine's date pace in November was 3.00, but under McClure's training it steadily quickened over the subsequent months. By spring, date pace and goal pace had merged, and Prefontaine ran a record-setting 8.41.5. Here's how to apply the same principles to your next big goal.

SET YOUR GOAL PACE

It's important to keep ambitious goals within realistic reach. Don't aim to run more than about five per cent faster than your PB for that distance. If you're an experienced runner who has raced the distance multiple times after good training, aim for two to three per cent improvement at most.

SET YOUR DATE PACE


Your date pace needs to reflect your current fitness, so don't use your PB to determine it. Instead, run a race. For goal races 10-K and shorter, schedule a 5-K or 10-K race or time trial every four weeks to update your date

pace. Don't taper or take the races too seriously; just run hard and use the results to guide your training. If you're targeting a half or full marathon, use an online calculator to convert from shorter races. For example, to prepare for a marathon, stick to half marathons every eight weeks, with a 5-K or 10-K in between.

PLAN THE PROGRESSION

The two key variables are how much you need to improve and how long you have to do it. If you're in shape to run a 44.00 10-K (4.24/kilometre) and you want to run 40.00 (4.00/kilometre) in four months, your pace needs to quicken by just under 25 seconds per kilometre, which means speeding up by three seconds per kilometre every two weeks. If your date pace drifts more than four weeks behind (or ahead of) schedule, adjust your race goal.

RUN THE WORKOUTS

Do goal- and date-pace repetitions once a week. Start with short reps at goal pace (GP), but do the bulk of the workout at date pace (DP). For example, 12 weeks before a marathon do 4 x 400 at GP with 1.00 rest, 4 x 1 600 at DP with 2.00 rest, then 4 x 200 at GP with 1.00 rest. Then slowly boost the proportion of goal-pace running: four weeks out, try four to six sets of 1 000m at DP, 30 seconds rest, 600m at GP with 2.00 rest. By then, if there's less than a two per cent gap between goal and date pace, you're on track. 

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The **Comrades Marathon** stands for extraordinary achievement, camaraderie, courage and commitment; dedication, determination and discipline; passion, perseverance and prestige; sacrifice, satisfaction and selflessness.

Traits that were all on display at the 90th edition of the Comrades Marathon. Traits that served Gift Kelehe, Caroline Wöstmann and Joseph Giyani very well.

They were also traits displayed by our 6 000-strong group of volunteers that we call 'Team Comrades'. These are people who selflessly gave of their time to make the 90th event both possible and successful.

The whole country was humbled by the extraordinary achievements of Gift Kelehe and Caroline Wöstmann in the

90th race, 23 years since South Africa last achieved first position in both the male and female races.

Gift Kelehe, after winning the race, said: "Winning the 2015 Comrades Marathon has changed my life. It has been the most defining moment in my life."

The Comrades Marathon affords ordinary people an opportunity to achieve extraordinary feats.

Caroline Wöstmann said, after she won the 90th Comrades Marathon, "I never imagined that I could win Comrades. This most amazing race had captured my imagination since my childhood days. Winning it this year has been absolutely phenomenal."

Joseph Giyani completed the 2015 Comrades Marathon in 7:03:38. He is the 'adopted celebrity' for the 2016

Comrades Marathon Campaign. He commented, "I am absolutely humbled by what I was able to achieve in the 90th Comrades Marathon. To be the adopted celebrity for the 2016 Comrades Campaign is indeed a humbling experience!"

The Comrades Marathon, in its entirety, is indeed a humbling experience. It is in this spirit that the Comrades Marathon has adopted: 'IZOKUTHOBA – It will humble you' as the campaign slogan to promote the 2016 Comrades Marathon.

The 91st edition of the Comrades Marathon, a 'Down Run' from Pietermaritzburg to Durban, takes place on Sunday 29 May 2016.

For more information, runners can visit www.comrades.com or email info@comrades.com. Alternatively, like our page on Facebook: **COMRADESMARATHON** or follow us on Twitter: **@COMRADESRACE**.

Bonitas





ASK THE EXPERTS

Is a short ride as good as a short run?

It can be, on recovery days, especially if your legs are trashed from a hard run – cycling emphasises different muscles. Don't take it too easy, though: try to maintain a cadence of 90 revolutions per minute. Also, don't make this swap more than once or twice a week – running-specific muscle adaptations are harder to develop if your running mileage drops too low. – *Christopher Baker is a runner, triathlete, and coach (beyonddefeat.com).*

Will running hills make me faster in flat races?

For sure: hill training improves both cardio fitness and lower-body strength, which translates to faster times regardless of terrain. Take on hills at least once a week. The most effective hill training is repeats: jog 10 minutes; run two to eight repeats of a climb that takes you two to five minutes at a comfortably hard pace; jog down between them; and finish with a 10-minute cool-down jog. Besides building physical muscle, you'll build mental muscle to help you fight fatigue on race day. – *Sharon Colburn coaches Team Momentum and individual runners (beyondthewallcoaching.com).*

Easy rides help running muscles recover, but don't raise your heart rate as much as easy runs do.

How much slower should I expect to run on hot days?

You'll run your best at around 10 degrees, so expect to go about three seconds slower per kilometre at 15 degrees, six seconds slower at 20, 12 seconds slower at 25, and 18 to 25 seconds slower at 32. If the humidity is above 40 per cent, or if you're doing a long run, the slowdown may be even greater. Proper hydration will reduce the negative effects of overheating and dehydration, but there's no avoiding a slower pace when you work out in heat – so run at the coolest time of day whenever possible. – *Keisha Ragoobir is a running coach (move4wordcs.com).*



ASK THE COACH
Lindsey Parry

What leg exercises will help me run the Comrades 'down run'? – DAVID, Virginia

The Comrades 'down run' has a high degree of eccentric loading. This means your legs contract while your muscle lengthens, in order to protect your joints and muscles when your feet slam into the ground.

It's a particularly damaging form of muscle contraction, and because there's so much downhill running in the second half of Comrades, it's important to strengthen your muscles and prepare them for the challenge.

Try these four go-to exercises, together with other recommendations that depend on your individual strengths and weaknesses:

- 45-degree squats

"...it's important to strengthen your muscles..."

- 30-degree single-leg squats
- 30-degree single-leg press
- Step-ups – first onto a low step, and later, onto a bench

This combination takes care of your glutes and quads, which do the majority of the work to stabilise your pelvic girdle and knee on impact. I'd also recommend doing proprioceptive/balancing exercises, strengthening your pelvic girdle through core exercises, and addressing your biomechanical stressors.

Consult a fitness professional, so that you can learn how to do all of these exercises correctly, and also receive a programme tailored to your individual needs.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist, and 2:47 marathoner. Email him at lindsey@hpc.co.za.

The Explainer

Why do some runners sweat more than others?

Whether you sweat droplets or buckets is determined by how many sweat glands you have, how many are activated when you run, how much sweat your glands produce, and how rapidly you begin sweating. All of this, in turn, is determined by your gender, genetics, anatomy, physiology, fitness level, and above all, body temperature – the warmer you get, the sweatier you get, because perspiration is your natural cooling system. That's why you sweat more if it's hot and humid, when you have a fever, after you eat spicy foods, or yes, if you're running. And the harder you run, the higher your temperature rises and the more you perspire. But don't fret about sweat unless it's excessive or disproportionate in some parts of your body. That may be a side effect of medication or a sign of a secondary medical condition.





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CARB PARTY

Creative meals – beyond pasta! – to fuel you up for a long run or race

By Jessica Migala

IT'S THE DAY BEFORE A LONG RUN OR RACE. What's for dinner? Chances are you're thinking pasta – a high-carb staple for runners. "Eating ample carbs stocks your muscles with glycogen," says sports dietitian Lauren Antonucci, "so you get the max available energy for your run."

But pasta isn't the only food that provides that energy. From root veggies to rice to other grains, plenty of foods fit the bill. The key is to make sure your pre-run choice is also low in fat and fibre, which will keep your gut happy, says Antonucci. These tasty options do the trick.

PIZZA + CHICKEN

Here's the time when you want a thicker, chewier dough rather than thin and crispy. If you're making it at home, pick up pre-made white dough (skip multigrain today) from the supermarket. Spread with tomato sauce and a sprinkle of cheese. Top with a little cooked chicken and a few veggie slices. Final tip: skip the side salad, says registered dietitian Monique Ryan, author of *Sports Nutrition for Endurance Athletes*, 3rd Edition. You don't want to go fibre-crazy today.

RICE BOWL + VEGGIES + FISH OR TOFU

Start with a hefty portion of rice, says Ryan (she suggests using up to two to three cups as the base of your meal). Normally, she'd recommend whole-grain varieties for more fibre and nutrients, but you want quick-digesting white rice when prepping for a big run. Top with a small amount of veggies and a few lean strips of low-fat protein, such as fish or tofu. Drizzle tamari (a type of soya sauce) on top to supply your body with sodium, a necessary electrolyte.

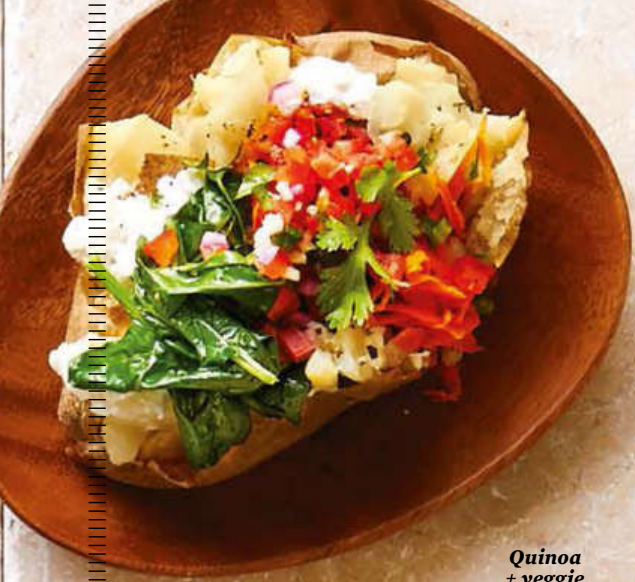
If you're gearing up for a big race, start eating a high-carb diet two or three days beforehand so you have time to fully load your muscles.

Stack of pancakes + syrup + eggs

Potato + cottage cheese + salsa

Rice bowl + veggies + fish or tofu

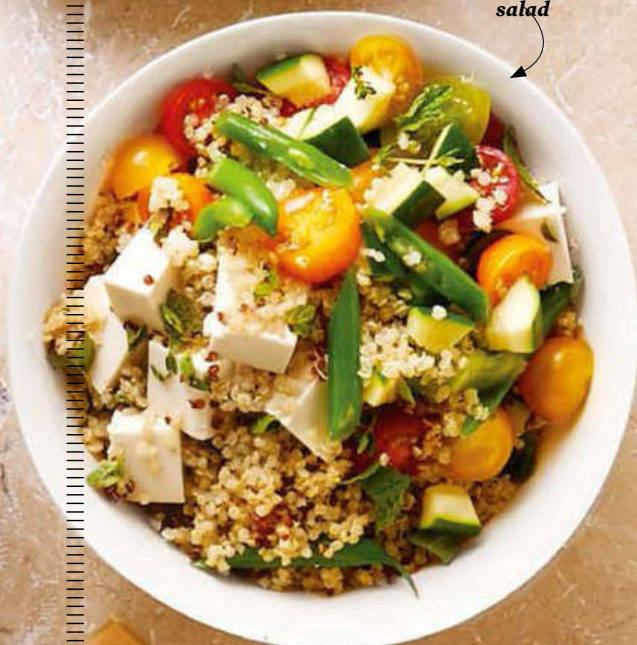
Pizza + chicken



STACK OF PANCAKES + SYRUP + EGGS

Breakfast for dinner? Why not – if you're travelling for a race, it's totally acceptable to stop for pancakes. A stack is a great source of carbs (one 15-centimetre pancake offers 22 grams), and you can pair it with one or two eggs for protein. Opt for non-whole-grain pancakes to keep fibre low, and stick to one knob of butter, max, to keep fat in check. Top with strawberries and maple syrup for added carbs, says Antonucci.

Quinoa
+ veggie
salad



POTATO + COTTAGE CHEESE + SALSA

Bake your favourite potato – standard or sweet – as the base. (The bigger the spud, the better.) Both types

offer a similar amount of carbs and potassium. Add low-fat toppings like cottage cheese for protein, salsa for taste, and some easy-to-digest veggies, such as spinach. While beans may be a good source of carbs and a popular tater topper, skip them unless you know your stomach can handle it pre-race. (Most people's can't, warns Ryan.)

QUINOA + VEGGIE SALAD

"Quinoa is great to carb-load with because it has protein," says Ryan, "but it's easy on the stomach." It's also a good source of iron, needed to ferry oxygen to muscles. A study in the *Journal of Nutrition* shows that when women with low iron increase their intake, they experience

a boost in exercise performance. Toss two cups cooked quinoa with chicken or tofu and some cooked veggies (tomatoes, green beans), which are easier to digest than raw. Lightly drizzle with dressing to add flavour while limiting fat.

BEEF AND BARLEY SOUP + TURKEY SUB

Soup is easy to digest and contains a good amount of sodium. "Barley is a whole grain that's not super-high in fibre," says Antonucci. As for a sandwich, aim for the opposite of what you'd normally eat. Rather than one thick with meat and thin on bread, go for the big sub-style rolls with just 85 grams of turkey (it will look tiny), a smear of hummus, and a slice of avocado and tomato, she says.


Snack on This

MEDIUM BANANA
Packs 27 grams of carbs and a bonus 12 per cent of your daily potassium.

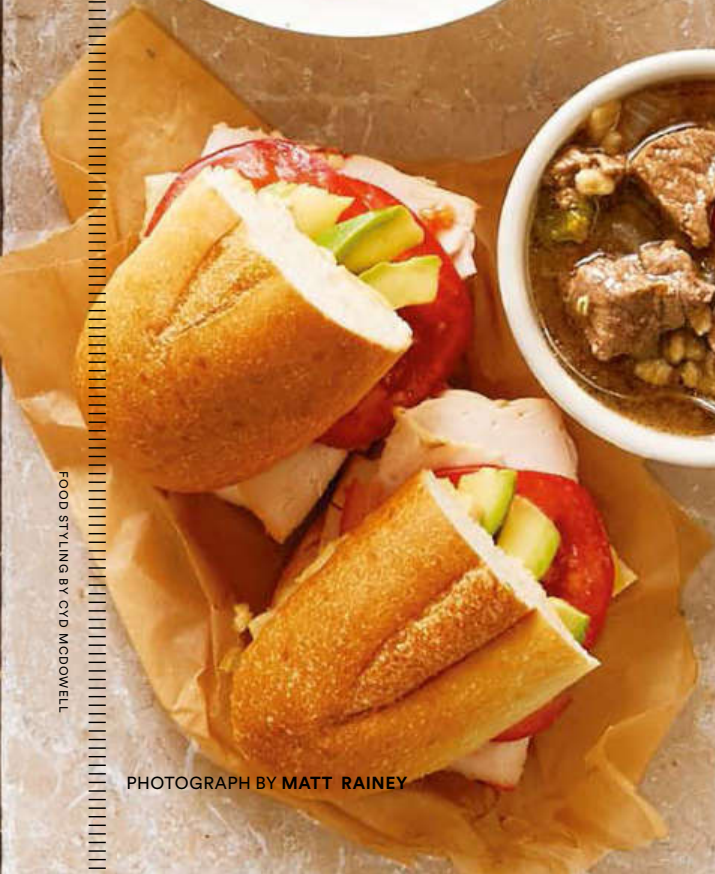
BIG BAGEL Smear with jam and honey (high in antioxidants!) for even more quick carbs, says Ryan.

ENERGY BAR Larger grain-based bars can pack around 45 grams of carbs – and you can eat them on the go.

KID SNACKS Cracker-type biscuits and pretzels: "They may be low in nutritional value, but these are packed with easy-to-digest carbs," says Antonucci. "Plus, if you have kids, you probably already carry some of these with you."

TROPICAL FRUITS
These tend to be higher in natural sugars, thus packing more carbs per portion, says Ryan. She likes mango and pawpaw – both are excellent sources of vitamin A. 

Beef and barley
soup + turkey
sub



FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY DR LIZ APPEGATE



A morning meal can help build muscle, control your weight, and reduce your risk for chronic diseases.

Lasting fuel for lunch runs



Pre-run morning carbs

UP AND EAT 'EM

Five key reasons runners need a good breakfast

MAINTAIN MUSCLE

After a night of sleep, your body is in breakdown mode, especially when it comes to muscle proteins. It's key to refresh your muscle cells with amino acids – the building blocks of protein. Aim for 20 to 25 grams of high-quality protein along with a dose of 50 to 100 grams of carbs to replenish the fuel your muscles need (see 'Best Brekkie Bets', p42).

CONTROL WEIGHT

Many studies have shown that folks who eat breakfast maintain a healthier body weight and have less body fat than those who skip a morning meal. Research also shows that establishing a routine of eating breakfast can help you

make wiser choices and curb kilojoule intake later in the day. The US National Weight Control Registry, which has tracked successful 'losers' for more than 20 years, notes that about 80 per cent of people who have lost weight and kept it off for years routinely eat breakfast.

POWER YOUR BRAIN

Circulating carbohydrates (blood sugar) are critical fuel for your brain. Studies have shown that for both kids and adults, operating on no breakfast shortchanges thinking power and can affect maths skills, reading comprehension, and ➔



Post-morning-run protein



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→ **memory.** Studies on children also show that breakfast eaters tend to behave better at school, and have better social skills. (Any adult who has had to deal with a 'hangry' co-worker can probably attest that the same is true for grown-ups!)

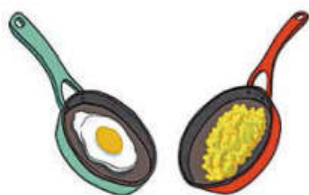
IMPROVE YOUR DIET

Breakfast eaters tend to have a better overall diet than breakfast skippers, and a greater intake of an array of essential nutrients, like protein, fibre, calcium, potassium, and iron. Even opting for a basic bowl of cold cereal (topped with milk of one sort or another) and fruit results in improved intakes of calcium, vitamin D, protein, and other vitamins and minerals.

REDUCE DISEASE RISK

People who eat breakfast tend to have lower cholesterol levels, which translates to a reduced risk for heart disease. For example, those who choose cereal (particularly oats and other oat-based options) take in more soluble fibre, which may lower harmful LDL levels. Even morning egg eaters have been shown to have cholesterol levels that are just as healthy as those of folks who skip eggs (or breakfast altogether). And eating a meal first thing in the morning also helps regulate your blood sugar levels, which may help explain why some evidence shows that breakfast eaters have a lower risk of type 2 diabetes. 

BREAKFAST FOOD FACE-OFF



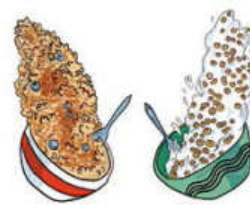
FRIED EGG versus SCRAMBLED EGG

Both provide the same six grams of protein. It's what goes in the pan to cook the eggs that matters. A non-stick spray works well and keeps kilojoules in check.



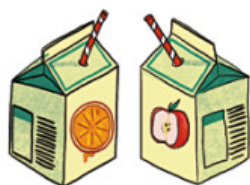
PANCAKE versus WAFFLE

Opt for the pancake. It has slightly more protein than a waffle of equal size. Making your own? Toss in half a scoop of whey protein powder for recovery flapjacks.



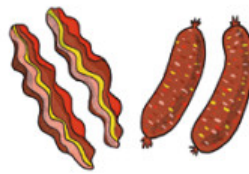
OATS versus CHEERIOS

The cooked oats supply more fibre than the cereal and more than double the protein (seven versus three grams per serving). Top with yoghurt, berries, and nuts for a complete meal.



ORANGE JUICE versus APPLE JUICE

OJ has a leg up. It has more vitamin C, and fortified brands can provide vitamin D and calcium. A whole orange or apple is better than either juice, with fewer kilojoules and more fibre.



BACON versus SAUSAGES

Bacon wins. with 360 kilojoules and six grams of protein in two slices. Two small sausages have more protein but pack more than twice the saturated fat, which can raise LDL levels.



WHOLEWHEAT TOAST versus RYE TOAST

Wholewheat typically has more fibre and four grams of protein per slice, versus three grams for rye. But the key is to read labels, since brands can vary.

BEST BREKKIE BETS

What you eat depends on when you're running.

RUNNING IN THE MORNING? EAT THIS.

PRE-RUN Toast with banana and honey
WHY Infusing your brain and muscles with some much needed carbohydrates (ideally about half a gram per

half a kilogram of body weight) will power up your workout.

POST-RUN Two-egg veggie scramble with feta cheese, a side of sweet potato, and a berry-kefir smoothie.
WHY Your muscles need

both carbs and a hefty dose of protein. Centring your meal around eggs or dairy will supply amino acids to support protein building.

RUNNING AT LUNCH?
EAT THIS.
STICK-WITH-YOU BREAKFAST

Two slices whole-grain French toast topped with vanilla Greek yoghurt, strawberries, and walnuts.

WHY Eating a morning meal that can hold you until a noon run will keep you on track at your desk – and with your training.



FUEL



Make-ahead cereal balls provide a portable, high-fibre breakfast.

QUICK BITES

FAST BREAKFAST FIXES

Jump-start your day – and your run – with these easy tweaks to your usual morning meal.

By Denise Schipani

BREAKFAST BALLS

Turn your cereal into a takeaway with this make-ahead meal: toss together dry cereal (one with less than five grams of sugar per serving), and seeds such as hemp, flax, or chia, “which are rich in fibre, to promote fullness,” says registered dietician Kristin Kirkpatrick. Add dried fruit and stir in peanut butter. Roll into balls (above), and freeze for 20 minutes to set.



GRECIAN EGGS

Scramble eggs with Greek yoghurt to make them fluffier and higher in protein: whisk two tablespoons yoghurt and two eggs. Cook in a pan.



SPICY SCRAMBLE

For a vegan take on scrambled

eggs, cut firm tofu into cubes and toss with olive oil and turmeric, says Kirkpatrick. “The spice contains curcumin, which eases inflammation.” Cook in a pan until beginning to brown, then mash slightly.




POWER BAGEL

Swap your jumbo bagel for a small 100 per cent whole-

grain version – or a whole-grain English muffin, which will help with portion control, says Kirkpatrick. Top with mashed avocado for healthy fat and fibre, and a sliced hard-boiled egg for muscle-friendly protein.



CHILLIN' OATS

For a no-cook take on oats, try this simple overnight recipe from registered dietician Rachel Meltzer Warren, author of *The Smart Girl's Guide to Going Vegetarian*: stir ½ cup oats, ½ cup low-fat plain yoghurt, and ½ cup milk. Put in fridge overnight. Eat cold, topped with sliced fruit. 

Top Your Tank

Do you feel sluggish or grumpy after a morning run? Next time **have a pre-run snack**. A study published last year in the journal *Appetite* found that eating breakfast before exercising leads to a better post-workout mood, compared with exercising on an empty stomach.

About Last Night

Have dinner for breakfast.



LEFTOVER Spinach salad
BREAKFAST Sautéed spinach with diced tomato. Serve on toast with feta cheese. Adding vegetables to your breakfast provides a hit of antioxidants.

LEFTOVER Mince
BREAKFAST English muffin pizza. Spoon the mince on top, followed by a sprinkle of mozzarella cheese for protein.

LEFTOVER Any Mexican food ingredients
BREAKFAST A wrap, with brown rice, black beans, avo, and salsa. Fibre-rich, it will keep you full till lunch.

LEFTOVER Chicken with roasted potatoes and vegetables
BREAKFAST Hash. Dice the potatoes and sauté with some onions. Add shredded chicken and any leftover veggies.



MIND+BODY

Worth It?

Some runners swear by **ICE BATHS** following hard workouts to reduce muscle soreness and inflammation. Should you? Dr Lance Dalleck, assistant professor of exercise and sports science at Western State Colorado University in the US, says that if used too early in training or too often, tools that reduce inflammation (ice, ibuprofen) might interfere with the process by which your body adapts and grows stronger. To strike the right balance, prioritise simple, no-brainer recovery techniques, such as sleep and good nutrition, every day. And reserve more aggressive anti-inflammatory methods for your taper and after your race.

COOL DOWNTIME

Prioritising your recovery will help you get the most from your training.

By Cindy Kuzma

REGARDLESS of what you hope to gain from your running – speed, endurance, better health – the training you do makes up only half the equation. The time you spend *not* running serves a crucial role in your progress towards any goal. “We can train all we want, but if we don’t pay respect to recovery, it won’t matter,” says Robyn LaLonde, Nike+ Run Club coach and owner of Edge Athlete Lounge, a recovery studio. “It’s during the period after a run that your body adapts. Without adequate recovery, your body will break down.” LaLonde is referring to the process by which your body rebuilds itself to return to its starting state – or even stronger. And there’s an increasing array of tools and techniques that enhance downtime so runners can train harder and longer, without getting hurt. We’ve rounded up some of the most promising methods on the next few pages. To optimise your recovery, keep a training log with notes about how much you’re sleeping, how much you’re resting, what you’re eating – and how you feel – so you know what works best to restore your body and mind. ➔

Ever wondered why they call it the “iron man”?

Whether you are a jogger, swimmer, gym baby, tennis player or an active team sport player, leading an active lifestyle places you at risk of developing iron deficiency anaemia.

The symptoms of iron deficiency are very hard to notice resulting in it also being called the “hidden hunger” affecting more than two billion people globally.^{1,2,3} By the time most people discover that they suffer from iron deficiency or are anaemic, the disease is usually already at a late stage.^{3,4}

Anaemia occurs when your blood doesn't have enough haemoglobin. Haemoglobin is the protein in your red blood cells that carries oxygen from your lungs to the rest of your body. A common cause of anaemia is a lack of iron.^{3,4}

Female athletes are at a greater risk of developing iron deficiency anaemia (IDA) as they have lower levels of iron, due to blood loss in menstruation.⁵ Vegetarian athletes are also at risk due to not eating meat and/or fish and they must compensate for this lack of iron in their diets.^{3,4,6}

Athletes need to supplement their diets with iron to compensate for the lack of iron in their specialised diets, e.g. carbo-loading.⁶ Iron supplementation has been linked to improved performance due to oxygen being better transported through the body.^{5,7}

Why do athletes lose so much iron?

The two main reasons for the loss of iron in athletes are foot strike haemolysis, which is the destruction of red blood cells in the feet due to constant impact; and the increased loss of iron through perspiration.^{5,7} These reasons make it difficult for endurance athletes to absorb the necessary amounts of iron from their diets hence the need for an iron supplement.

What are the signs and symptoms of iron deficiency anaemia in athletes?^{3,4}

Often, and as mentioned earlier, IDA does not cause any clearly visible symptoms. However, some of the symptoms in athletes who have iron deficiency anaemia, may include:

- Fatigue
- Irritability
- Headache
- Dizziness
- Palpitations, breathlessness
- Swollen or sore tongue
- Nails become brittle

Go for gold with the ‘right’ iron

The good news is that iron deficiency can easily be treated with **Ferrimed®** because it contains 100% elemental iron.

Ferrimed® is available in a range of formulations to suit most patient groups, including diabetics, and is:

- well tolerated and will not interact adversely with other commonly used medications you may be taking^{8,9,10}
- safe enough to be prescribed for premature babies (which means it's also safe for you!)¹¹

Ferrimed® has a pleasant taste¹² and doesn't need Vitamin C for its absorption.¹³ This makes it easier to take with or without food although it is better absorbed if it is taken after a meal.^{8,9}

We hope that this helps to keep you performing at your peak but should you still want to learn more about iron deficiency anaemia, please talk to your doctor.

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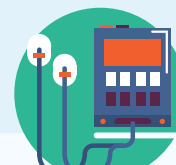
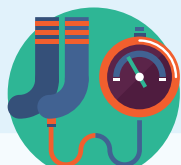
SA's #1 prescribed iron treatment¹⁴ www.ferrimed.co.za

References: 1. The Global Hidden Hunger Indices and Maps: An Advocacy Tool for Action. ReliefWeb. [online] 2013 Jun [cited 2014 Jun 24]. Available from: URL: http://reliefweb.int/sites/reliefweb.int/files/resources/Hidden_Hunger_Index_Executive_Summary.pdf. 2. World Health Organisation. Micronutrient deficiencies. [online] [cited 2014 Jun 24]. Available from: URL: <http://www.who.int/nutrition/topics/ida/en/>. 3. Iron Deficiency Anemia. Mayoclinic.org. [serial online] [cited 2014 Jun 24]. Available from: URL: <http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/definition/con-20019327>. 4. Iron deficiency anemia. National Heart Lung and Blood Institute. Diseases and Conditions Index. Iron Deficiency Anemia. [serial online] [cited 2014 Jun 24]. Available from URL: http://www.nlm.nih.gov/health/dci/Diseases/ida/ida_whatis.html. 5. Weaver CM, Rajaram S. Exercise and Iron Status. *J Nutr* 1992;122:782-787. 6. Deakin V. Iron depletion in athletes. Chapter 10. In: Clinical Sports Nutrition Fourth Edition [Online] [cited 2014 Jun 24]. Available from: URL: <http://www.paraglyph.com.au/pdf/books/clin-sp-nutr.pdf>. 7. Peeling P, Dawson B, Goodman C, Landers G, Trinder D. Athletic induced iron deficiency: new insights into the role of inflammation, cytokines and hormones. *Eur J Appl Physiol* 2008;103:381-391. 8. Geisser P, Müller A. Pharmacokinetics of Iron Salts and Ferric Hydroxide-Carbohydrate Complexes. *Drug Res* 1987;37(1):100-104. 9. Borbolla JR, Cicero RE, Dibildox M, Sotres D, Gutiérrez R. Iron hydroxide polymaltose complex vs iron sulphate in the treatment of iron deficiency anaemia in infants. *Revista Mexicana de Pediatría* 2000;57(2):63-67. 10. Funk F, Canclini C, Geisser P. Interactions between Iron(III)-hydroxide Polymaltose Complex and Commonly Used Medications. Laboratory studies in rats. *Drug Res* 2007;57(6a): 370-375. 11. Arnon S, Shiff Y, Litmanovitz I, Regev RH, Bauer S, Shaikin-Kestenbaum R, et al. The efficacy and safety of early supplementation of iron polymaltose complex in preterm infants. *Am J Perinatol* 2007;24(2):95-100. 12. Bogdanova OM, Pashenko IG. Comparative Evaluation of the Efficacy of Iron Salt with Hydroxide Polymaltose Iron Complex in Elderly Patients with Iron Deficiency Anemia. *Hematol Transfusol* 2004;49(1):1-4. 13. Burckhardt-Herold S, Klotz J, Funk F, Büchi R, Petrig-Schaffland J, Geisser P. Interactions between Iron (III)-hydroxide Polymaltose Complex and Commonly Used Drugs. Simulations and in vitro studies. *Drug Res* 2007;57(6a):360-369. 14. Data on file.

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REPAIR KIT

In the field of recovery science, evidence supports the use of both cutting-edge gadgets and old-fashioned chestnuts. Choose from this menu of options to develop your own personalised R&R recipe. Consider not only what you have access to, but also what fits into your lifestyle and sounds fun – for instance, yoga won't calm your muscles or your mind if you feel anxious about getting on the mat. Some options are free and easy, while others will set you back a bit; but nowadays, runners have access to advanced therapies, and there are a variety of treatments available.

Track It!

Check your heart rate immediately after you stop moving, and then two minutes later. Subtract the second number from the first and write it down. You want this number to stay stable or increase over time. If it decreases, it's a sign you're overtraining – and under-recovering.

THE TOOL

HOW IT WORKS

WHEN TO USE IT

WHO DOES IT

Compression clothing

Proponents say it helps push bloodflow and extra fluids from your feet and legs back to the heart, flushing out fatigue- and soreness-causing metabolic waste products.

Wear while running or right afterwards for up to 48 hours. Also try it the night before a race or during travel to boost circulation and avoid swelling.



Elite marathoner Shalane Flanagan first pulled on a pair of compression calf sleeves in 2005 after an Achilles injury. Now, she says she wears during hard workouts and while racing because "they help me feel supported, and like I'm preventing injury."

Massage

May decrease tension, release adhesions between tissues, increase range of motion, realign muscle fibres, and prevent and treat minor soft-tissue injuries – plus, it just feels good.

As needed – some runners find that regular massages or other manual therapies keep them feeling recovered, while others are treated when they feel an ache or other early warning signs of injury.



Elite marathoner Kara Goucher has had the same therapist (Allan Kupczak) for 15 years; at some points in her training, she might have two two-hour sessions each week.

Cold therapy

Ice baths, ice packs, or cryotherapy chambers may reduce pain and swelling by constricting blood vessels and mitigating inflammatory processes in the muscles.

Soak for 10 to 20 minutes, within 30 minutes of a hard workout. Or, try a contrast bath that alternates cold and warm for 10 minutes each, ending on cold.



South African 10km Champion Nolene Conrad spends eight to 10 minutes standing in her pool at home. "It feels like an ice bath and the low temperatures relax my muscles, preventing me from feeling too sore the next day."

Electric muscle stimulation

Activates muscles passively to decrease inflammation and increase bloodflow without stressing your tendons or joints.

Place on sore, fatigued, or weak muscles for 30 to 60 minutes once or twice per day, three or more days per week.



Canadian runner Natasha LaBeaud regularly logs 200 to 225 kilometres per week. She straps on a TENS machine during long plane rides – such as the 30-hour trek to China for the IAAF World Cross Country Championships in March – to get off the plane fresh and ready to race.

OFF THE CLOCK

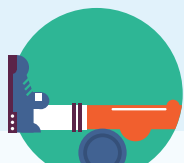
1 minute

How far and fast you ran plus your age will factor into your individual recovery rate, says exercise scientist Dr Carwyn Sharp. But this is generally what occurs after you finish a workout:

Your heart rate and body temperature drop and your breathing slows as you transition from exercise to recovery.

30 minutes

Your body begins pumping out proteins that repair muscular damage and form new mitochondria – tiny energy factories inside your muscles.



Foam roller self-massage

May increase bloodflow, relax tension in muscles, and release painful trigger points; most travel well, too.

Daily or even multiple times per day, following the instructions on the particular product.



South African-born **Lusapho April**, who set the course record at the 2013 Hannover Marathon, finishing in a time of 2:08.32, massages his hamstrings, quads and calves to release tension and speed the recovery process.



Active recovery

Cross-training (cycling, swimming, strength-training) boosts bloodflow and prevents muscles and joints from stiffening up without the impact of running. (See 'Restoration Project', p48.)

Schedule an active-recovery day after a particularly long or intense run, or swap one for an easy run on your training schedule if you're feeling sore, fatigued, or injured.



American road 5-K record holder **Ben True** uses an elliptical trainer; his wife, Sarah, used it while injured last year and finished 2014 as the second-ranked ITU female triathlete in the world.



Stretching and yoga

Post-run stretching may reduce risk of hamstring and other injuries; yoga may reduce back pain, lower heart rate and blood pressure, and ease anxiety and depression.

Immediately post-run, spend a few minutes stretching dynamically. Schedule yoga or more extended sessions for recovery days.



2014 Boston Marathon champion **Meb Keflezighi** took a 10-week yoga class at university and now incorporates yoga and Pilates moves into his stretching and strengthening routines, he notes in his book *Meb for Mortals*.



Sleep

During sleep, your body repairs minor damage to your tissues, releases muscle-building human growth hormone, and replenishes energy stores, among other vital tasks.

Most adults require between seven and nine hours (if you can go into a dark room at 3pm and fall asleep instantly, you're not getting enough).



"First and foremost, I try to get eight hours a night, and an additional hour in the early afternoon," says **Taniith Maxwell**, who represented South Africa in the marathon at the 2012 London Olympics. "It helps rejuvenate my body, and helps with the incessant fatigue associated with marathon training."

TAKE A BREAK

When doing too much leaves you sick, injured, or stalled in your progress, you may be overtraining, a syndrome that might more accurately be called under-recovery, says Dr Carwyn Sharp. Step up your rest if you notice any of these red flags.

- Your legs feel heavy, all the time.
- You're excessively sore.
- Your race or workout times slow for no apparent reason.
- You feel on the brink of injury.
- Your sleep suffers.
- You dread running.

FOOD FIX

Dr Carwyn Sharp tells you how to eat your way stronger.

EAT PROTEIN

Amino acids in protein provide the raw materials for new muscle.

ADD FATS

Healthy fats (nuts, salmon, avocado) repair damage to muscle cells.

HYDRATE

Water keeps nutrient-rich blood flowing through your body.

UPGRADE POST-RUN CARBS

Instead of replenishing with refined carbs, opt for a snack that combines protein with high-quality carbs (fruits and veggies).



A few hours

Immune and inflammatory compounds move to microtrauma sites in muscles. White blood cells fight injury. Lysosomal enzymes break down damaged tissue.



2 to 3 days

Your body has largely adapted to the stress of training, and you're ready to run hard again.



6 weeks

Your mitochondrial count can as much as double in this time frame, so your muscles grow stronger and sustain less damage each time you lace up. These adaptations to regular running boost your fitness and accelerate the recovery process.

This routine is rest-day safe. But if you're feeling really burned out, take a whole day off from exercise.

THE BODY SHOP

RESTORATION PROJECT

This recovery routine helps your muscles bounce back from hard runs.

THIS ACTIVE recovery routine from running coach Robyn LaLonde increases circulation, loosens muscles, and flushes out soreness and fatigue – all in less than 15 minutes. Complete it on rest or easy-running days at least once a week and as many as three times per week. Start with a 90-second dynamic warm-up of standing trunk twists and leg swings, next do these five moves straight through as one circuit, and then repeat all five moves again.



ICE SKATERS

Stand with your legs about a metre apart, feet and toes pointed forward. Lower your body to a gentle squat, then bring your right foot diagonally behind your left leg and touch your toe down. Hold for one second, then fire up your glutes and push off your left foot in a jumping movement to the right. Bring the left foot diagonally behind the right, then repeat on that side. Continue to push left and right for 30 seconds – about 15 to 20 reps total.



BACKWARD LUNGES

Take a step back with your right foot. Lower your hips until your left thigh is parallel to the floor and your right knee is close to (but not touching) the floor. Pause for two seconds, then press your left heel into the floor and contract your quads and hamstrings to return to start. Repeat, alternating legs, for one minute (about 12 reps per leg).



WALKING SQUATS

Lower into a squat, with butt back, and head up, and knees not passing toes. Take five controlled steps to the right. Remain in squatted position and do five running-arm swings with each arm. Walk five steps to the left and repeat. Repeat one more time in each direction, for a total of two reps each way and about 45 seconds.



PLANK WITH SINGLE-ARM EXTENSIONS

Start in a bent-arm plank position. Extend one arm straight in front while holding the rest of your body steady and taking long, slow breaths (don't sweat it if you shake – totally normal). Hold for 10 seconds, then bring your arm back down and lift the other one. Repeat three times on each arm for a total of one minute.



MOUNTAIN CLIMBERS

Get into a push-up position. Bring your right knee up to your chest, inside your elbow, then return it back to the starting position. Do the same on the left, moving as quickly as possible; that's one rep. Repeat seven times. Then do the exercise again but bring your knee outside your elbow. Repeat another seven times for a total of about 1 minute.

Marathon Season is here!

Whether you are targeting a local or international marathon we have the shoe for you.

BERLIN MARATHON

BOSTON BOOST 5

1549



CAPE TOWN MARATHON 2015

KAYANO 22

2249



SOWETO

Structure Triax 19

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CHICAGO MARATHON



VAZEE PACE

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2015



SEATTLE 2015

Glycerin 13

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2015 VANCOUVER MARATHON

Hurricane

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REGGAE MARATHON



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All discontinued footwear styles less 30%

OSAKA 2015

Wave Enigma 5

2399

2015



2015

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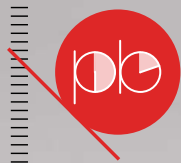
assist to keep feet cool and dry

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for extra comfort

F A L K E

ADVANCE PERFORMANCE



GEAR



REAL BRA- VADO

The latest crop of sports bras delivers style and performance - and a healthy dose of attitude.

BY **RYAN SCOTT &
KELLY BASTONE**
PHOTOGRAPHS BY
JAMES GARAGHTY

Great sports bras are more than mere garments. They're engineering marvels that can help runners extend their workouts, improve running form, and even avoid injury. Researchers at the University of Portsmouth in England found that excessive breast movement can result in heavier, injury-promoting landings. But a properly fitted bra can reduce breast bounce by half, making it one of the best investments a runner can make.



EASY ON/OFF
Melbourne
Sports Bra R959

• "I was able to focus on running, without worrying about bounce," said one C-cup tester, who praised this bra's ability to keep her feeling cool and dry throughout her runs and circuit-training classes. Soft fabrics and seams work together to prevent chafing, and the sturdy, uncomplicated straps may look cute, but they're brawny.
www.lornajane.co.za



BEST VENTILATION
Falke Sport
& Street R150

• The elastic straps were broader than any others tested, but the comfort didn't stop there; soft-brushed fabric also minimised friction. Mesh inlay panels were perforated enough for adequate ventilation, and the Drynamix moisture-management system helped keep testers cool and dry.
Totalsports





BEST WICKING
Icebreaker Merino
GT Rush Bra R699

- Thanks to Merino wool, special fibres wick moisture more effectively – and as bacteria doesn't affect Merino wool, this bra actually has the ability to clean itself, giving it a longer lifespan than any of the other bras tested.

Drifters



BEST VALUE
New Balance Tenderly
Obsessive R499

- A three-way fitting system, designed to allow runners to adjust the straps and activate the stabilised central-front frame (lateral support), and the sculpture-moulded, padded cups. Some high-impact testers found that the thin straps cut in a little when adjusted to the required amount of tension.

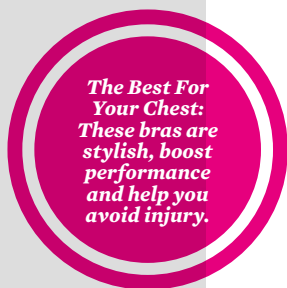
New Balance Stores



MOST FLATTERING
adidas Boost Bra
R699

- A deep V-neckline is flattering, but relies on cup construction and a tight chest band to pull the support in sufficiently. Thankfully, hotspots on the band are eliminated by a pimpled, soft-brushed cotton pattern, which distributes the pressure evenly. There's also an extra-large soft section under the clasp, to dampen the pressure.

adidas Concept Stores



The Best For Your Chest: These bras are stylish, boost performance and help you avoid injury.



BOUNCE ELIMINATOR
Puma PWR Shape
R999

- If zero bounce is your priority, this bra delivers. Moulded cups with extra support towards the chest band, as well as straps that are super-padded, allowing for extra-tight setting, combine to give great support and comfort that our D-cup testers enjoyed most out of all the bras tested.

Puma Stores



BEST FEEL
Triaction Seamfree Top
R449

- Employing a variety of stitch patterns and a thick chest band, this simple, stretchy top gave surprised testers more support than they thought they'd get. They reported that the seamless construction feels like a second skin. And the best part? Gathered seams eliminate the dreaded 'uniboob'.

Sportsmans Warehouse



BEST COMBO
Shock Absorber
Ultimate Run Bra R600

- Two sets of clasps (on the bottom band and upper back) make this bra more onerous to put on, but once testers started running, they ranked this bra highly for a combination of support and ventilation. One tester even found relief from chronic soreness in the shoulders.

Sportsmans Warehouse →



BEST DOUBLE-UP
Puma Essential
Graphic R399

• When it comes to support, some runners enjoy doubling up. This racer-back option fits easily over the first layer, keeping everything locked down. There are no clasps or hooks, which makes for a simple design that won't get snagged on the first layer. Dry Cell technology wicks moisture away.

Puma Stores



MAX ADJUSTABILITY
Anita Active
from R900

• Lightweight in the front, all the action takes place on the shoulders and at the back. Wide straps create a fixed X-back crossover, which pulls together with a traditional bottom band, but testers were impressed with the clever, soft and padded shoulder straps, adjusted easily from the front.

www.pvnagencies.co.za



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JOCKEY NO PANTIE LINE PROMISE
KNICKER SHORTS (3-PACK) R210

The less fabric there is to rub against sensitive skin, the better. These non-invasive panties have a silicon strip around the edges to help keep them in place, and the seam won't show through a snug-fitting pair of tights or shorts.

Jockey Stores (For other stockists, call 0800 562 539)



FOR THE MEN
JOCKEY OCEANIC DREAM
POUCH TRUNK R170

Running shorts don't always come with built-in, underwear-like lining. Tight-fitting, trunk-style underwear with a pouch will provide all the comfort you need under a pair of shorts with none at all. **Jockey Stores**



FALKE BRIEFS (MEN) R139

They cover the basics of running comfort. A thick waistband holds them in place, and the buttocks are generously rounded, which stops them from creeping.

Totalsports

The right underwear frees up your choice of shorts and tights.



NEW GEAR



PEARL IZUMI makes high-quality gear, with specific running fits and sizes, and is now available in South Africa. It's a small range at the moment – we looked at the **FLY SS** women's shirt (**R499**) and women's **FLASH HOODY** (**R999**). Both are made from moisture-management fabrics that also have UPF 50+ sun protection. (See the shoe review on p56, for our take on the long-awaited Pearl Izumi shoes.)

www.outpostrunning.co.za



The skateboard wheels of the **NANO FOOT ROLLER** (**R450**) help it to roll freely, although they're a little slippery on carpet. The core compression material has just the right balance of firmness, with a little give, which makes for great contact under the feet.

Sportsmans Warehouse



As soon as you strap the **ELEVATION TRAINING MASK** (**R999**) to your face, you know you're in for a unique training experience. The seal is tight, and right away, breathing is difficult, because valves hinder the free flow of air. The results? An increase in lung capacity, stamina, and efficiency. (And the Darth Vader-style sound effects were a huge hit in the *Runner's World* office!)

Sportsmans Warehouse



ASK THE GEAR GUY
Ryan Scott

Do I really need more than one pair of running shoes?

– DAWN, Johannesburg

When it comes to running shoes, there are so many options available – and that can be confusing. There are shoes to suit a variety of conditions, and although you shouldn't feel you have to leave the house in a different pair for every single training session, the amount of research and development that has been put into specific shoes is extensive; so if you're into racing a variety of distances, both on- and off-road, you'll certainly get more out of running if you own a collection of shoes.

The obvious difference is between trail and road shoes,

"...once the cushioning has gone on a pair of my old racing flats..."

but that difference needn't be big. I've discovered, over the years, that once the cushioning has gone on a pair of my old racing flats, I can continue their life over medium distances on the trails. So if you want to add just one extra pair to your 'old faithfuls', I'd recommend you opt for a specific pair of racing flats for the road. Run in them until they're 'dead', and then before you consider putting them out to pasture, try taking them off-road.

RW Gear Editor Ryan Scott is comfortable running on the road and mountain trails alike, and is seldom seen wearing the same pair of shoes twice.



FRESH SHOES

ROCKET BOOSTERS

Pearl Izumi Run Em Road N1

244g

R1 895

outpostrunning.co.za

Reviewing the Pearl Izumi shoes was a first for *Runner's World* South Africa. Here's what we thought...

GOOD MIX

Testers couldn't decide if the shoe was best for minimalist runners, or for those in search of cushioning. We decided it's a bit of both. The ample cushioning and the lightweight and simple design will suit many runners who've enjoyed shoes like the Newton Gravity and the Asics Gel-Lyte33.



LOW PROFILE

A 22mm heel means there's ample Cushlon LT cushioning, while the 18mm forefoot also makes for generous amounts of cushioning and leaves you with a 4mm profile drop. This low drop, together with a TPU shank under the mid-foot, contributes to a snappy toe-off.



LEGACY


Before manufacturing shoes, Pearl Izumi's claim to fame was producing tailored athletic apparel. This is Pearl Izumi's light, neutral running shoe, which reflects that heritage with a seamless upper – printed in 3-D, rather than sewn or glued together – that wraps and adapts to your foot.



THICK SKIN

Firm cushioning, coupled with a segmented outsole, helps rock your foot quickly off the arch and onto the toe, for a smooth push-off. Thicker rubber on the outsole should help with durability; we only tested these for two weeks, but look forward to getting to know this brand better now they've arrived in SA.

DOUBLE UP

Combined with that wrapped feel, a wide toe box adds to the great fit. It's hard not to run fast in these shoes, and they could easily double up as your racing flats. 

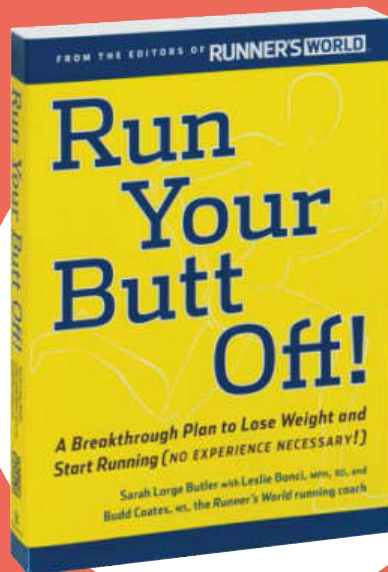


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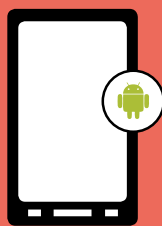


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**"HOW MUCH
SHOULD I
TRAIN?"**

YOUR

**ILLUSTRATIONS BY
ZOHAR LAZAR**



Lfe!



**"WHAT
SHOULD I
EAT?"**

BY LISA MARSHALL



**("DO I NEED TO
CROSS-TRAIN?"**



**AS YOU AGE AND CHANGE AS AN ATHLETE, THE RULES
YOU FOLLOW SHOULD ALSO EVOLVE. HERE'S HOW ALL KINDS OF RUNNERS
CAN STAY STRONG, HEALTHY, AND HAPPY FOR DECADES TO COME.**

Ask a coach, nutritionist, or sports-medicine physician for some words of running wisdom, and if they know their stuff, they'll start by asking you a question: **What kind of runner are you?** "The advice I give runners varies a lot, depending on how old they are and how serious they are," says **Dr Jordan Metzl**, author of *Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life*. Nutritional, training, and even psychological needs evolve as you progress from a newbie trying to get fit to a racer gunning for a PB to a masters athlete determined to stay in the game. With this in mind, *Runner's World* consulted a team of experts for their tips on how to run well throughout the years.



RULES FOR

New Runners

About 50 per cent of newbies get injured in their first year because their bones, ligaments, and muscles aren't used to the stress of running. When you're just starting out, forget about speed, and boost volume more slowly than you think you can to stay healthy and consistent.

CHOOSE SHOES WISELY

Your feet absorb two to four times your body weight with each step, so the wrong footwear could lead to injury. Go to a speciality running-shoe shop late in the day (when your feet are a little swollen, as they would be mid-run) and ask a salesperson to watch you run. He or she can suggest shoes that work with your gait and body type. Buy a comfortable pair that feels snug in the heel, with a thumb's width of space above your longest toe.

BREATHE EASY

If at any point during a run you can't carry on a conversation, take a walk break – even if it means more walking than running. Walk breaks allow you to stay out longer and build cardiovascular stamina as your bones and muscles adapt. Over time, you'll need shorter breaks.

RUN BY TIME, NOT DISTANCE

You won't be tempted to speed up to finish faster, which can lead to injury. Add

five to 10 minutes of running per week. Back off slightly every fourth week to let your musculoskeletal system adapt.

MAKE A COMMITMENT

Accountability to others can be a stronger lure than self-motivation, sports psychology experts say. Meet a friend for a run or join a group.

EAT BETTER, NOT MORE (OR LESS)

Many people who take up running to lose weight overcompensate for the kilojoules they think they're burning. Others cut kilojoules while adding kilometres, which saps energy and boosts the risk of injury and illness. At first, keep your intake as is, emphasising whole grains, fruits and vegetables, healthy fats, and lean protein.

OUR EXPERT PANEL

DR JORDAN METZL, sports-medicine physician and author of *Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life* (R339, takealot.com)

DR GREG McMILLAN, exercise physiologist and running coach

FRANK SHORTER, a runner who won the Olympic Marathon in 1972, and at age 67, still runs regularly

DR JIM AFREMOW, sports psychology consultant and author of *The Champion's Mind: How Great Athletes Think, Train, and Thrive* (R343, takealot.com)

REGISTERED DIETICIAN KIM MUELLER, elite runner, new mom, and now businesswoman, who specialises in sports dietetics. Currently training to qualify for the 2016 Olympic Marathon Trials

RULES FOR RUNNERS AT THEIR Peak

Once you can run comfortably for 45 minutes two to three times per week without stopping, you're ready to shift your focus to performance. Whether you're striving to pick up the pace or eager to tackle a new distance, smart training is key. Runners tend to peak between the ages of 26 and 35. But if you took up running – or intense training – later, you may be running PBs well into your 40s and 50s.

DO SPEED INTERVALS EVERY WEEK

Speedwork strengthens fast-twitch muscle fibres, teaches the heart to deliver oxygen-fuelled blood to muscles more efficiently, and toughens your mind to discomfort. The result: long runs feel easier, you can endure fast runs longer without suffering, and when the pain comes, you can handle it. Start with this: after a 15-min warm-up, run one min fast, one min slow; repeat 5-10 times. Progress to this: after a 15-min warm-up, run 8 to 12 x 400m with 200m jog breaks between. Aim for 15-25 min total fast running (+/- 5-K pace).

WORK ON YOUR FINISHING KICK

Many potential PBs are

quashed near the end of the race's second half, when you're physically and mentally fatigued. Practise pushing when tired by making the last kay your fastest in one run a week (a long or tempo run). On interval day, dig deep on the last few reps. And don't skip the cooldown: running easy for 15 minutes after a tough workout teaches the body to press on when energy is low.

EAT ENOUGH, MOSTLY CARBS

If you're running faster, longer, and harder, fuelling matters: eat too little and you'll burn lean muscle and compromise your immune system. You'll burn roughly two-thirds your

body weight in kilojoules per kilometre you run. (For example, a 68kg runner burns 420kJ for every kilometre she adds.) Do those kays on hills or into a headwind and you expend about 10% more kilojoules. Adjust your intake accordingly, making sure to get plenty of carbs (2.7 to 4.5g per 500g of body weight per day, from whole grains, produce, and legumes). If you're trying to lose weight, tally the kilojoules you burn in a day, subtract 2 000, and consume at least that many to

avoid underfuelling.

BABY YOUR IMMUNE SYSTEM

High-intensity training suppresses the immune system for up to 24 hours, leaving runners vulnerable to upper-respiratory infections. Within 30 minutes of a tough workout, take in 10 to 20 grams of protein (which stimulates production of white blood cells), colourful fruits and vegetables (rich in anti-inflammatories and antioxidants), and probiotics (which are found in kefir and Greek yoghurt). Also, wash your hands frequently and rest up: people who sleep fewer than seven hours per night are three times more likely to catch a cold than those who sleep more than eight.

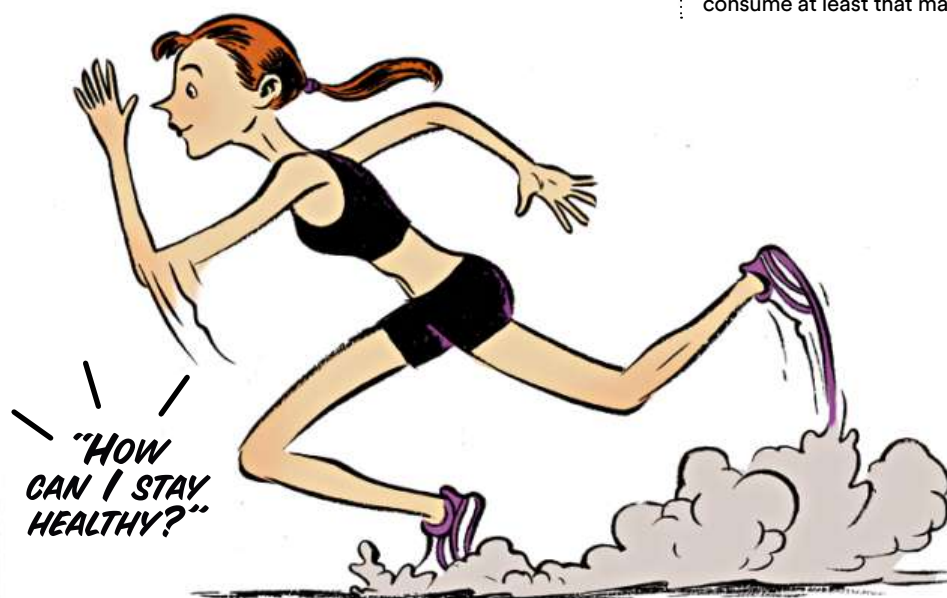
FOR A FASTER FINISH, FOCUS

Studies of elite athletes show that those who focus on their effort race faster than those who let their minds wander. Break your race or tempo run up into chunks (kilometres, water stations, lamp posts) and check in with yourself at each one to ask: how do my legs feel? Can I push harder, or should I back off?



RULES FOR STRESSED RUNNERS

If life obligations have accumulated to the point where lacing up feels like just another stressor, it's time to reframe your running. Ditch your watch, put ambitious time goals and workouts on the back burner, and focus on running easy a few times each week to destress. As long as you're continuing to run regularly, it won't be too difficult to jump back into more intense training when your life calms down.



RULES FOR RUNNERS
RETURNING FROM

Injury

(OR PREGNANCY)



At some point, almost every runner will be sidelined temporarily. A healthy return to the sport requires patience, caution, and smart training.

PRACTISE ACTIVE RECOVERY

Cross-training keeps your heart and lungs fit as your body recovers. Start with activities that employ different motions to running (like swimming and cycling), and progress to those that mimic running without the impact (like aqua-jogging, or using the elliptical machine). Pregnant women and new moms should exercise in whatever way is comfortable and doctor-approved.

BREAK THE CYCLE

See a health-care professional – preferably one who runs – to determine why you got hurt in the first place and to craft a plan to prevent reinjury.

TRY A TEST RUN

When pain is gone and you have the green light from your doctor, attempt to run for 10 minutes. If it hurts, stop running and wait another three to five days before trying again.

SHORTEN YOUR STRIDE

A shorter stride and quicker cadence can reduce the impact of running, which may decrease the risk of injury. Aim for 170 to 180 foot strikes per minute.

NEW MOMS: EASE IN AND EAT UP

The hormone that loosens ligaments to allow childbirth can linger post-partum, leaving new moms prone to injury. Wait six to eight weeks after giving birth to ease in to running. It takes about 92 kilojoules to produce 30 millilitres of milk, so breastfeeding moms need an extra 1 255 to 2 092 kilojoules daily.

FOAM-ROLL EVERY DAY

Flexibility is another casualty of age, and a daily session with a foam roller can preserve and restore it. Rolling over hamstrings, quads, and glutes loosens up connective tissues and promotes bloodflow, much like a massage.

KEEP UP SOME SPEED

Old injuries and a declining VO2 max (the body's capacity to transport oxygen to muscles) can dissuade aging runners from continuing speedwork. But practising quick leg turnover is key for maintaining neuromuscular coordination, range of motion, and fitness. Start by adding some short pick-ups (10 to 20 seconds fast; 30 to 60 seconds recovery; repeat 10 times) to a routine run. For a harder bout, try 60 seconds fast, two minutes slow, three times.

NURTURE YOUR BONES

To counteract bone density loss, which can increase the risk of stress fractures in older runners, make sure you're getting enough calcium and vitamin D daily (1 200 milligrams calcium for women over 50 and men over 70, and 600 IUs of D for people over 50). Good sources of calcium include dairy products, tofu, spinach, and black-eyed peas. Good sources of vitamin D are fatty fish, cod liver oil, and exposure to sunshine.

RULES FOR THE

Over-40 Crowd



Runners tend to slow by three to six per cent over the course of their 40s, 10 per cent per decade in their 50s and 60s, and 15 per cent per decade after 70, as strength, flexibility, and bone density diminish. But much can be done to fend off the decline.

FOCUS ON STRENGTH

If you haven't started strength-training (which helps runners at any age), it's more important now than ever. Muscle mass declines by about eight per cent per decade after age 40. Strength-training counteracts that while building muscular scaffolding to ease the burden of running on aging joints. Spend 30 minutes twice a week targeting muscles running often misses (such as glutes, hips, core, and arms). Use your own body as weights, with squats, lunges, push-ups, and planks.

ADJUST YOUR GOALS

Vow to "slow down as slowly as possible", as Olympic gold medallist Frank Shorter did at age 35. Look forward to birthdays that put you in a new age group. Explore new distances (a 5-K, a marathon) or events (triathlons, trail races) in which you can still notch a PB. And remember: even if you have slowed a bit, at least you're still out there.



STRONG

&

FAST



**A simple weight-training
programme (designed by the
US Fitness Director of *Women's
Health*) to help runners
(like this *RW* staffer) build
power and speed**

PHOTOGRAPHS BY SCOTT McDERMOTT

Runner's World US Art Director Erin Benner wants to get fast. She's putting in the legwork – churning out 200-, 400-, 800-metre repeats – every week in an effort to run a personal best mile (1 600m) and 5-K (she'd like to break 5.45 and 20.00, respectively) this spring. She's foam-rolling her legs, icing her injury-prone feet, and pool-running and spinning. But something critical is missing from her regimen: strength training. "I think a lot of runners feel intimidated or put off by weight lifting because it's foreign to them, or they think it will make them bulky – and slow," says Jen Ator, fitness director of *Women's Health* US (also published by *RW*'s parent company, Rodale). "But lifting can be a key component to building speed. The more power you can generate with each stride, the faster you can run. The stronger you are, the longer you can generate that power without fatiguing, meaning you'll be able to maintain that pace."

Benner says she used to weight-train occasionally but didn't make it a priority, as she wasn't convinced her gym time carried over to her running times. "I didn't really know what I should be doing to become a better runner," she says. Then there's scheduling. Benner has a demanding full-time job and two daughters (aged 5 and 9). And she's moving into a new home this summer.

With that in mind, Ator came up with a plan that's short, sweet – and most importantly, specific. Ator (herself an avid runner and triathlete) designed it to address common strength imbalances: building core strength, increasing glute activation, and improving posture and overall mobility. "One of the biggest things you'll take away from this routine is that lifting doesn't have to be time-consuming, intimidating, or a hindrance to your usual running routine," Ator says. – KATIE NEITZ

"YOU HAVE TO CHALLENGE YOUR BODY IN ORDER TO CHANGE IT," ATOR SAYS. "BUT A LITTLE GOES A LONG WAY. WITH THIS WORKOUT, YOU'LL COMPLETE FEWER REPS, TRANSLATING TO A QUICKER, MORE EFFICIENT WORKOUT."

For best results, do both Workout 1 and Workout 2 (opposite page) every week. Perform them on non-consecutive days.

Research shows that strength training can improve your running economy by eight per cent.



FOR A VIDEO DEMONSTRATION, VISIT RUNNERSWORLD.CO.ZA/GETSTRONGER.



WORKOUT 1

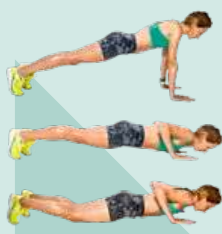
This 15-minute body-weight workout can be done any day of the week. Ator recommends doing it following a run as a cooldown; it will help increase your range of motion and

prevent muscle stiffness. In a pinch (say, you're travelling and can't make it to the gym), you can do this workout a second time that week instead of doing Workout 2.



REVERSE LUNGE WITH ROTATION

Step back with your left foot, and lower your body into a lunge. At the same time, rotate your upper body to your right. Rotate back to the front, then return to standing. Do 15 reps, then repeat on the opposite side.



NEGATIVE PUSH-UP

Get in a push-up position. Slowly lower down to the floor, keeping your body in a straight line from heels to head. As your chest comes close to the ground, drop your knees and push up from the down position. Do 15 reps.



GLUTE BRIDGE

Lie on your back with your knees bent, feet flat on the floor, palms down. Raise your hips until your body forms a straight line from shoulders to knees. Contract your glutes and hold for two seconds, then return to start. Do 15 reps.



PLANK SWEEP

Start in a push-up position. Bring your left knee toward your right elbow. Then, sweep your knee across your body to the outside of your left elbow. Return to start, then repeat with your right knee. That's 1 rep. Alternate for 15 reps.



SCORPION

Lie face down, arms out. Lift your left leg, bend that knee, and reach that leg back across your body. Touch your foot to the floor. Hold for two seconds, then return to start. Repeat on the right. Alternate for 15 reps on each side.

WORKOUT 2

This 20-minute workout requires a pair of dumbbells and an exercise bench. When choosing dumbbells, keep this in mind: research shows that lifting a weight that you find challenging and taxing for fewer repetitions is best for developing strength and power. This means your muscles may feel sore the next day, especially if you are new to lifting. When scheduling your workouts, think of this routine in the same way you would a

tough hill or track workout; you should avoid doing this workout the day before or after a long run or on a rest day. The first time you do Workout 2, use lighter weights so you can focus on using proper form. Once you're comfortable with the moves, increase the weight so that you find it difficult to eke out the last few reps. "That's really crucial when it comes to building the type of power that's going to make you a stronger, faster runner," Ator says.



WEIGHTED HIP THRUST

With a dumbbell resting in the crease of your hips, sit on the floor with the bottom of your shoulder blades touching a bench. Drive through your heels and thrust your hips up toward the ceiling while contracting your glutes. Your torso should be parallel to the floor. Lower and repeat 8 to 10 times for 3 sets.



MODIFIED SINGLE-ARM BENT-OVER ROW

Hold a dumbbell in your left hand and place your right palm on a bench. Extend your torso and legs back so that you are in an elevated plank position. Brace your core and contract your glutes while rowing your left elbow back. Lower and repeat, doing 3 sets of 6 to 8 reps.



HALF-KNEELING OFFSET OVERHEAD PRESS

Begin in a half-kneeling position, with a dumbbell in your right hand at shoulder level. Both hips and knees should form a 90-degree angle. While maintaining a tall posture, press the dumbbell overhead. Bring the weight back down in a slow, controlled movement. Do 3 sets of 6 to 8 reps.



SINGLE-LEG DEADLIFT

Hold a dumbbell in each hand with your arms extended down in front of your thighs. Hinge forward at your hips while lowering your torso until it's almost parallel to the floor and while extending your left leg back behind you. Pause, then return to standing. Do 3 sets of 8 to 10 reps on each leg.



GOBLET SQUAT

Stand with your feet hip-width apart and hold a dumbbell vertically in front of your chest, elbows pointing toward the floor. Push your hips back and bend your knees to lower into a squat, your elbows brushing the insides of your knees. Push yourself back to start. Do 3 sets of 8 to 10 reps.



PHOTOGRAPHS BY CHRIS HITCHCOCK



ALWAYS INJURED? FEELING
FLAT? ADDING CYCLING AND
SWIMMING TO YOUR RUNNING
TRAINING MIGHT JUST BE THE
ANSWER. HERE'S WHAT *RW*
DEPUTY EDITOR LISA NEVITT
LEARNED FROM THE TRANSITION.

WHY RUNNERS SHOULD

TRI

BY LISA NEVITT

ATHLETES WADE INTO THE SWIM LEG
OF IRONMAN SOUTH AFRICA, AT PORT
ELIZABETH'S HOBIE BEACH.



W

hen I entered Ironman 70.3, I'd picked up a running injury, and I needed something to help me get back on track. I'd started swimming, but I'd never cycled.

The first investment I made – and the best – was choosing the right coach. [Britt Hyland](#), owner of Tri4All, was strong in the disciplines in which I was weakest. She'd swum in her teenage years, and took up masters swimming in 2002, clocking the same time at World Champs, aged 32, as she had when she was 18. She also competed annually in the Cape

Town Cycle Tour ('The Argus').

In triathlon Britt had a proven track record, having finished three half and three full Ironmans, and she represented South Africa as an age-grouper at the ITU World Champs (Olympic distance) in Australia (2010) and London (2013).

Britt had trained first-time triathletes who were originally runners. She'd coached two of our mutual friends, Adri and Marc, to a half-Ironman finish in 2013. I was one of a group of runners who thought, *if they can do it, so can I*.

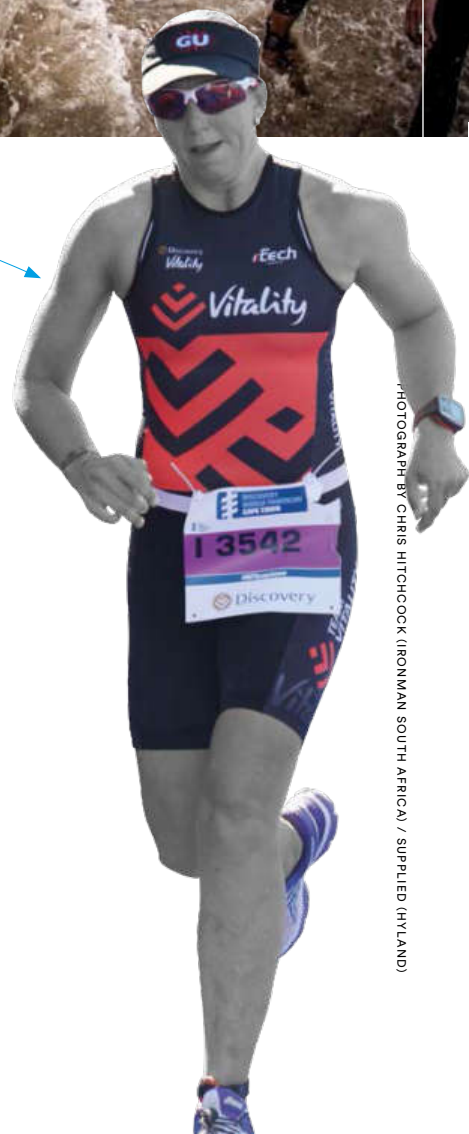
Things like buying gear and devising a race-ready programme might've proved overwhelming if I'd chosen to go it alone. Luckily, Britt lives in the same area as me. Besides emailing a weekly programme, she was there for a number of firsts: the basics of bike handling, in a parking area; and during my first attempts at swimming in the Cape Town

Waterfront canal, where murky, brown shadows replaced pool lines.

The thing I valued most was the emotional support. I'd always been a good runner and considered myself a strong athlete, so it was a tough pill to swallow when I discovered I wasn't a natural cyclist. But Britt had a knack for picking me up whenever self-doubt set in.

I'd struggle through the door of a bike shop, black oil smeared on my legs (rookie mistake!), and the assistants, spotting a newbie, would tell me my bike was rubbish; that they couldn't believe the front wheel hadn't fallen off. Without Britt's reassurance, those experiences could have been soul-destroying. During my journey to Ironman 70.3, she saw the warts-and-all side of me: meltdowns, tantrums, confusion, and joy.

This is what I learned about triathlon.



PHOTOGRAPH BY CHRIS HITCHCOCK (IRONMAN SOUTH AFRICA) / SUPPLIED (HYLAND)

Kitted Out

BIKE

I visited a second-hand shop that Britt recommended, where the owner checked my position and height on the bike I chose before selling it to me. He also kitted me out with other essentials, like shoes and a helmet.

"The longer the distance, the more important your bike, as you may be spending up to eight hours on it in a full Ironman," says Britt. "Weight,

good components and the condition of the bike (if it's second-hand) are important factors to consider, because a cheap bike may cost you more in unnecessary repairs and maintenance.

"Although you can get away with racing short distances on a mountain bike, and they feel sturdy and comfortable, I'd still recommend a lighter road bike for long distances; because the harder you have to work

on the bike, the harder your run will be."

WETSUIT

"Unless you're a strong swimmer, participating in a race that's not wetsuit-compulsory, a suit is recommended, because it adds buoyancy and insulation," advises Britt.

I visited a company that custom-made my suit. Other companies offer standard sizes.

1



1 ► SWIMMING CAP – brightly coloured, for visibility.

2 ► WETSUIT – extra buoyancy. Usually compulsory in colder ocean swims.

3 ► SWIMMING GOGGLES – protect eyes. Improve visibility.

4 ► ANTI-CHAFE – protects neck and under arms during swim.

5 ► BICYCLE – preferably road. For a beginner, an entry-level bike will suffice.

6 ► HELMET – no helmet, no ride.



2



3



12

7 ► BIKE SHOES – preferably with cleats to clip in and out of pedals, or pedals with cages if you're planning to ride in running shoes. Mountain-bike shoes and pedals are better for beginners, because they're easy to clip in, and to walk or run in.

8 ► BIKE BAG – containing: a hand pump, CO₂ bomb/s with adapter, at least one spare tube, tyre levers, and a small hand pump (in your back pocket or attached to the bike).

9 ► RUNNING SHOES – adequate support for a tired body after the swim and bike legs.



9

10 ► TRI TOP AND SHORTS/TRI SUIT – fitted. Worn for the entire race, even under your wetsuit.

11 ► SPORT SUNGLASSES – protect eyes from sun on bike and run legs.

12 ► MULTI-SPORT WATCH – tracks distance, mileage and heart rate.



5

ALL THE GEAR, AND NO IDEA. HERE'S WHAT BEGINNERS CAN DO WITHOUT

- **Time-trial bike** – expensive, for marginal gains.
- **Time-trial bars** – unless you're experienced, or racing on a flattish course.
- **Aero helmet** – you're not fooling anyone.

THE CYCLE LEG WAS ALL ABOUT
TIME IN THE SADDLE; THE MORE
NEVITT PRACTISED, THE MORE
CONFIDENT SHE FELT.



Training

"Every athlete is different and has different strengths and weaknesses. Some need to learn how to swim, some have never been on a bike, and others come from a running background," says Britt.

I started my triathlon-training programme five months before Ironman 70.3, and two and a half months before my first triathlon. Britt worked out a training plan for me, based on the number of weeks I had to prepare, including my short-term goals and races. Training blocks enabled me to increase my mileage gradually, and a rest and recovery week was scheduled every fourth week.

I trained for six to eight hours per week in the beginning, progressing to 10 to 12 in my peak weeks, but this can vary depending on the athlete or event.

My coach is no stranger to juggling motherhood, work and training; and I too have a busy schedule, so her understanding that 'life happens' benefited me. My training consisted of early-morning runs and bikes, and early-evening swims. Work deadlines and travel meant I had to miss a few sessions, but my programme had enough lead time to accommodate unplanned events, injury and illness, so I never had to play catch-up.

Without guidance, I would've struggled to fit it all in, let alone structure a programme that included



interval and threshold training, tempo work, speed work, long slow distance, and rest and recovery. Britt helped me to make the best of my training hours, and reach my potential.

"Training hard on every session will leave you burnt out before you reach your goal race," she adds. "Too little mileage, and no quality training, and you'll be praying you don't miss the cut-off."

Swimming

Swimming – often referred to as the 'warm-up', because it's the shortest leg – is a muscle-toning discipline that relaxes the body and is especially beneficial for your breathing and overall lung capacity. With the lower impact of swimming, my body recovered more quickly. I found I could push harder in running, so swimming did improve my performance.

"With the correct body and head position, body rotation, forward arm reach, underwater pull, and stroke length, rate and timing, freestyle is the best stroke for a comfortable and efficient swim leg," says Britt. "Some use breaststroke to recover, but in a wetsuit that's challenging, because your legs are very buoyant."

I started off by practising in a pool, where I could hold on to a wall or lane rope, or even stand. I trained with slightly stronger swimmers, to improve my confidence. Once I was comfortable swimming two to three times a week, and managing at least 20 to 30 lengths without stopping, I tried open-water swimming.

My coach started me off in a freshwater dam, where the water was calm. She accompanied me, encouraging me to first get used to the water before heading off in just any old direction. Britt taught me to look out for fixed landmarks – tall trees, buildings, or cranes – and to lift my eyes above the water's surface on a regular basis to sight these goal posts.

"Understand the ocean's moods and patterns before you dive in," advises Britt. In the three months leading up to my race I swam in the ocean at least once a week; but there were a couple of times when I was taken under by a strong current, because I didn't know how to approach it. It was disorienting, and once I'd reached the surface again, it took a while to stop panicking and resume swimming. So to learn how to counter swimming obstacles I attended a practical workshop with Warren Fialkov, organiser of the ISOMS swims at Cape Town's Clifton Beach.

BASIC BIKE MAINTENANCE, AND
LEARNING TO PROGRESS FROM THE
POOL TO OPEN WATER, ARE VITAL
COMPONENTS OF TRAINING FOR
TRIATHLON.

Cycling

"It's all about time in the saddle; the more you practise, the more confident you'll feel," advises Britt. So I started practising – and found out how different cycling was to running. Take hills, for instance: run up them, and you have the option of stopping; stop pedalling a bike, and you'll fall over if cleated in. My coach taught me that gear selection is the key to climbing. During my first triathlon, I changed gear halfway up a hill, managed to detach my chain, and toppled over. I learned the hard way that you should change down *before* the ascent! But regular intervals and long, steady climbs built the strength I needed to tackle those Ironman hills.

Unlike running, triathlon has multiple disciplines. For versatility, I had to do short 15- to 30-minute runs after a long cycle, known as 'brick sessions'. At first my legs felt like they would buckle beneath me, but by practising running tired and still holding my form, I gradually alleviated the effect.

Another lesson was that cyclists have more road rules to abide by than runners. I learned to ride in single file, stop at traffic lights, and to point out hazards like glass, random rocks and potholes to fellow cyclists. And when I felt confident that more toppling wouldn't ensue, I extended an entire arm to signal left and right.

When the weather was bad, I trained indoors on a Watt bike – the closest thing to the real thing, it monitors everything from power to cadence, and from heart rate to pedalling technique.

My bike was high maintenance compared to a pair of running shoes. If I threw it haphazardly into a cupboard like I do with my shoes, I'd risk a technical malfunction come race day, losing all the hard work I'd put into training.

"Training hard for a race, and then having to pull out, or miss a cut-off time because you can't change a tyre, can be soul-destroying," Britt advised me. She organised a basic bike-maintenance class with Focus on The Finish Line's general assistant Japie Bingle. I regularly lubed my chain, kept my components grit-free, and ensured my tyre pressure was correct – all basic maintenance checks my coach advised me to do at home.

My coach suggested I service my bike every three to four months, and at least two weeks prior to my race. For peace of mind, I took my bike back to the recommended shop I'd bought it from.

One thing I regret now was not having my bike set up professionally right from the beginning: I could have avoided months of discomfort. For a long time I 'bounced' instead of riding smoothly, and my pedalling was neither as powerful nor as efficient



as it should've been – easily rectified, eventually, by just lowering my saddle. And my lower back took strain on longer rides, the result of reaching too far for my handlebars over a stem that simply needed to be shorter.

"These are the two most common set-up issues, but cleat and handlebar position must also be taken into consideration," says Britt. "If it isn't done properly, you could later face discomfort or even injury."

Transition

"There are two transitions in a triathlon," Britt explains. "Transition one (T1) is from the swim to the bike leg, and transition two (T2) is the changeover from the bike leg to the run leg."

"Every race has a transition area, where all your race-related gear is placed. In some races your gear is placed next to your bike on its rack, and in others in a bag hung up separately from your bike. Every transition area has entry and exit points for each discipline, and no cycling is permitted inside the area."

Britt took a group of us to a parking area, and got us to lay out our equipment as if we were racing. We practised running into transition with our wetsuits on, getting dressed for the bike leg, and pushing our bikes out of the transition area and over the mount line, before riding off. On our return, we practised dismounting before the line, racking our bikes, and preparing for the run. This prepared us for a time-efficient transition on race day.

BIKE TECHNIQUE TIPS

- ▶ **Stick to flat roads** while you practise changing gears. Change gears gradually, and try not to ride only in the big ring. There should be no noise coming from your bike.
- ▶ **Spin your legs** often, and keep your cadence (leg speed) relatively high.
- ▶ **Correct bike set-up** ensures you maximise your power and avoid straining your body.






TRAINING FOR, AND FINISHING,
A TRIATHLON MAKES YOU A
STRONGER ATHLETE - AND
THAT'S WORTH CELEBRATING!



for injury. "Triathlon events usually have at least 100+ entrants (1 500+ for Ironman), all starting the swim at the same time, or close to one another in waves. And some events don't have full road closure, and you're expected to share the road with motorists," explains Britt. "Safety is a major consideration for events: they must be approved by their local triathlon association, and employ marshals, referees and safety officers."

"It's the competitor's responsibility to familiarise themselves with the rules, which are different for each event - failure to comply can lead to disqualification. But here are some general guidelines: start slow on the swim, and not right up front if you're weaker or less experienced; ride single file on the bike leg, and keep left if you're a slower rider; and on the run, hydrate well."

The Result

Interest in triathlon has grown so exponentially, it's being referred to as 'the new midlife crisis'; while I'm only in my 30s, my triathlon journey has been a crucial part of my athletic development. Last January, I finished the second-hardest Ironman 70.3 in the world. On top of that, the swim was nearly called off, and there was a strong headwind on the bike leg. But my coach, in introducing me to and guiding me through the swimming and cycling disciplines, has helped me to become a stronger athlete - and a better runner. 

Nutrition

"As you'll be training harder, adding extra mileage and training sessions to your weekly schedule, your daily food intake should increase to meet these new demands," advises Britt.

But what you choose to eat during training to boost energy and performance depends on you. "Protein, fat and electrolyte intake varies from athlete to athlete, and depends on their daily diet," says Britt.

I experimented. Some athletes can get by with water; I found that an energy gel every hour works for me. I trained like this, and stuck with it on race day. In the past I'd never eaten breakfast before running races, but in training for 70.3, a longer endurance race, I experimented with peanut butter on toast, two hours before starting.

Racing

Competing in shorter sprint- and Olympic-distance triathlons in the lead-up to my race was great practice.

As with many sporting codes, there's the potential

RACES AND FORMATS

► **Sprint** - 750m swim, 20km bike, 5km run - Slaghoek (October)

► **Olympic** - 1.5km swim, 40km bike, 10km run - Ekurhuleni 5150 African Championships, Germiston (November)

► **70.3** - 1.9km swim, 90km bike, 21.1km run - East London (January) / Durban (August)

► **Ironman** - 3.8km swim, 180km bike, 42.2km run - Port Elizabeth (April)



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www.coolheat.co.za info@coolheat.co.za 011 608 2003
available at  www.outpostrunning.co.za

*As the sun sets
an hour into
the race, course
record-holder
Johan van
der Merwe
contemplates
the distance
still ahead.*



The

WASHIE

Thirty-nine years ago, legend has it, Lionel Whitfield sat with a friend in the Buffs Club bar in East London. Over a few beers, they talked about running the 100 miles to Port Alfred, to honour the war efforts of Lionel's father, Granville Washington 'Washie' Whitfield, who had farmed pineapples there. And so it came to be. The race is still going strong, an integral part of South African road-running history. Here's why.

By

TRACY MACKAY

Photographs by

BRUCE VIAENE



LEGENDS

Time: **5pm**

Location:

**The Halyards
Hotel,
Port Alfred**

In the last 39 years, the most fascinating people, none of them forgotten, have graced the Washie pathway – tales of their exploits keep the pubs open until late.


The inaugural race was organised in memory of Washie by his son (and staunch Buffalo club member), Lionel Whitfield, and his friend Viv Rex, the Buffs running club chairman. Of the 20 intrepid runners who raced in wicked weather on 1 July 1977, only 12 finished.

Every July, on the first Friday of the first full moon, the ultra-running brethren set off at sunset, to the soundtrack of Chris Rea's *Road To Hell*. Running through the night, very few arrive in East London before the sun has risen. But current record-holder and four-time finisher Johan van der Merwe always races the sun.



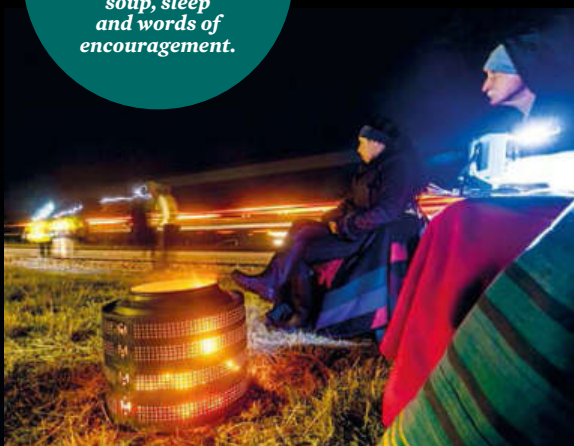
*"Runners,
prepare for The
Road To Hell."
The gathering
begins.*



A night scene featuring a large, bright bonfire in the foreground, its flames blurred and glowing orange and yellow. In the background, a road sign with red and white chevron patterns is visible on a dark road, with some trees and foliage in the distance.

“One crucial
element of the
Washie has
remained the
same...”

At halfway there's a marquee, where participants are offered soup, sleep and words of encouragement.



A HELPING HAND

Time:

All night long

Location: **R72, somewhere outside Hamburg**

These days, preparation, sustenance and kit are more advanced; but one crucial element of the Washie has remained the same – the seconds.

These stalwarts may be men or women, wives, husbands, fellow running friends, or grown-up children. The job description encompasses everything, from comedic repartee, feeding, sunscreen application, changing and dressing, to blister repair, driving, sleep-monster arias, running, and not sleeping. There are no medals, T-shirts or prizes to acknowledge their presence.

This year, Eric Wright and Butch Duffey completed their 25th Washies. Eric's wife, Marlene, has seconded him every year – and what's even more incredible is that they've stayed married, despite his hours of training! Their children have grown up with memories of annual car journeys from Port Alfred to East London.




PEARLS OF WISDOM

Time: **All Day**
Location:
East London

After sunrise, the rest of the field trickle in, smiling and sore – all day, and into the evening, when the sun sets again and 7pm heralds the cut-off. Prize-giving is a special occasion, rather like a family gathering. It's usually held on the Sunday, and finishers receive a trophy. But the most coveted award is the Washie tracksuit jacket, received on completion and worn with pride for years to come.

Finishing a race this long, you learn a thing or two about running. Participants know how to eat correctly to sustain the distance. They complete the Comrades as a training run, and practise coping with sleep monsters. Like I said: this is a race where there's no media fanfare or TV coverage, encouraging crowds, water tables, T-shirts, or prize money. In July, the weather can be awful. This is a 160km race, taking some 26 hours, in single-digit temperatures – it pays to be physically and mentally prepared.

But that's what makes it the event it is. Add to this the support of a good second – and a few fond memories – and you have the ideal recipe for a wonderful Washie. 



Van der Merwe runs along the Esplanade in East London with his two seconds, racing the sunrise.

FINISHING TIME

13:39.45



“
...it pays to
be physically
and mentally
prepared...”



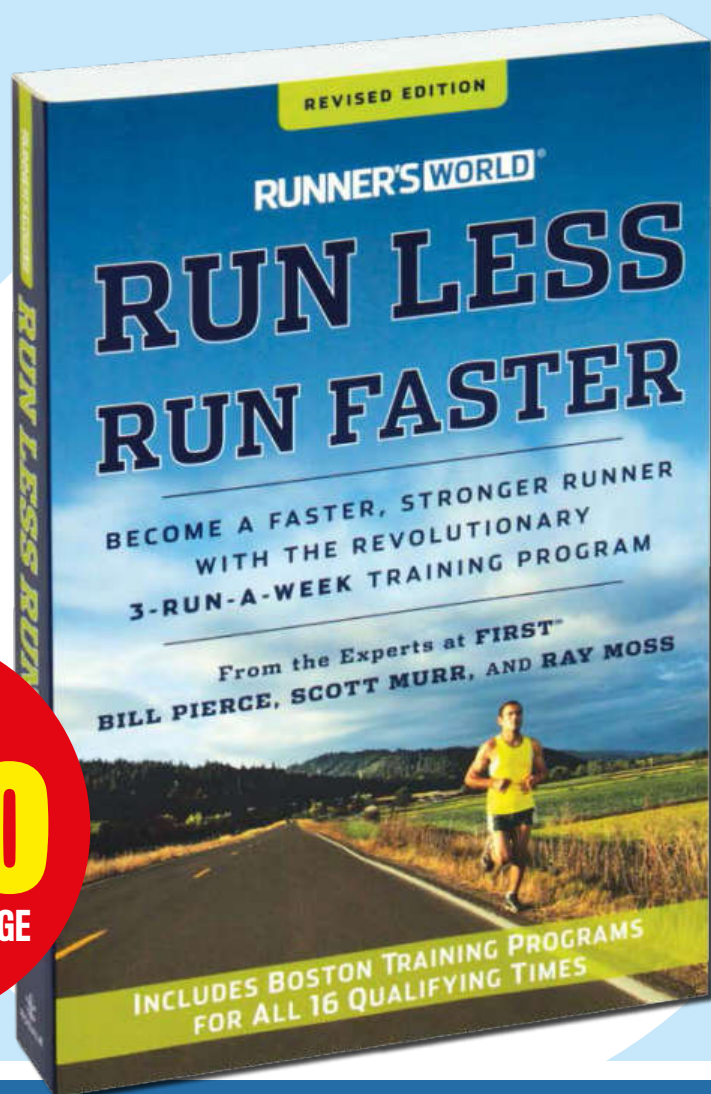
Mcebisi Yose, with a large seconding crew, on the outskirts of East London – in second place, just two hours behind winner Van der Merwe.

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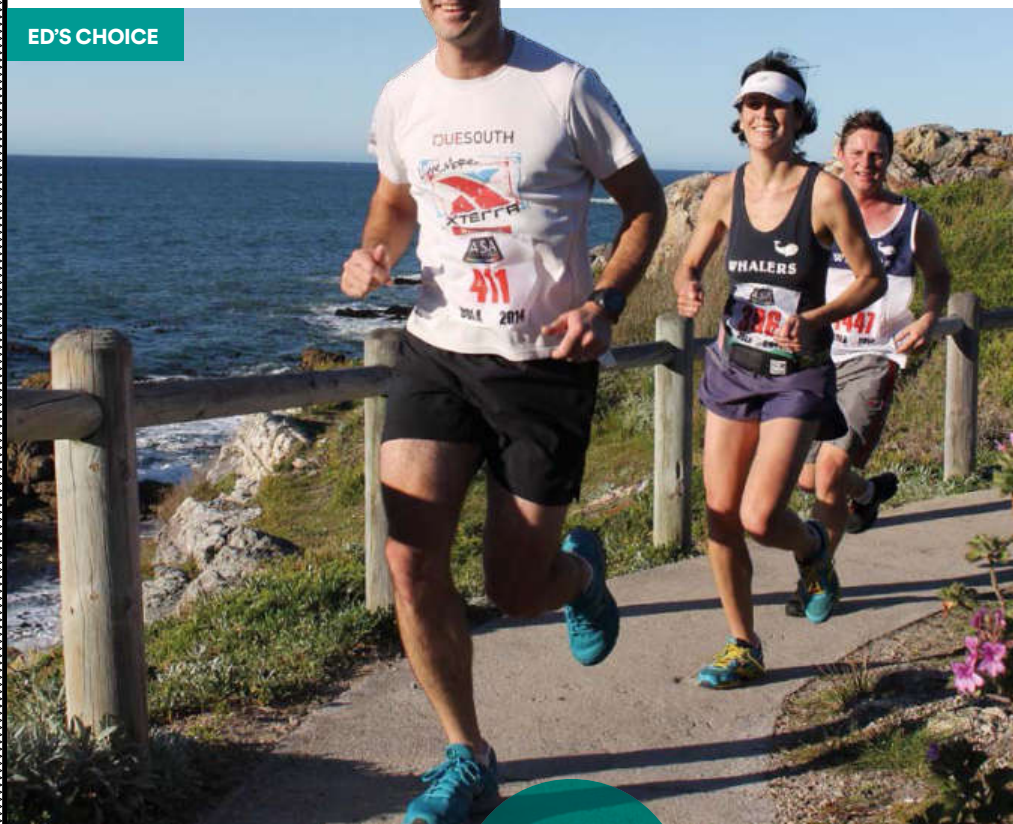


Go to **FitShop.co.za** and click on *Runner's World*

RACING → AHEAD

The best running, multi-sport and a races this October • Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

ED'S CHOICE



SUNDAY 11 OCTOBER

5 10 21

OUTsurance 94.5KFM Gun Run

Cape Town Stadium, Green Point, Cape Town; 21.1km: 6:30am; 10km: 7:15am; 5km Fun Run/Walk: 8:30am
Top Events 021 511 7130
www.thegunrun.co.za

SUNDAY 18 OCTOBER

5 14 21

K-WAY Constantia Valley Grape Run

Alphen Hall, Constantia Main Road, Constantia; 21.1km: 6:30am; 14km: 7am; 5km Family Fun Run: 7:45am
Charlotte Kettlewell
021 761 8887

WEDNESDAY 21 OCTOBER

6 12

Grant Thornton Business Relay

Freedom Park, George; 6 x 2km (Run) & 3 x 2km (Walk): 6pm
Daniel Raubenheimer
083 376 7414

SATURDAY 24 OCTOBER

5 10 21

Worcester Build-It Half Marathon & 10km

Worcester Build-It, 148 Durban Road, Worcester; 21.1km: 7am; 10km: 7:15am; Breerivier High School, Noble Street, Worcester; 5km Fun Run: 9am
Russell Cupido 082 532 0826



WESTERN CAPE

SATURDAY 3 OCTOBER

6 21

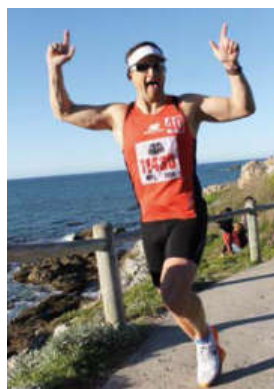
Total Whale Half Marathon

Hermanus High School, Moffat Street, Hermanus; 21.1km: 7am; 6km Fun Run: 7:15am
Carina van der Merwe
082 823 8632

Part of the race is run along the famous Hermanus clifftop paths, where there are sea and mountain views in abundance. The 21.1km is relatively flat, save for two hills, the second of which stings at the 18-K mark. The event is part of

*Thar she blows!
Runners have a
whale of a time
in Hermanus.*

the Whale Festival; expect craft markets, a wonderful festive atmosphere, and of course, the famous whale blower, who lets everyone know if there are whales in the bay. There will be prizes for category winners, and spot prizes, so stick around for prize-giving before you make your way to one of the markets. Pre-entries are available on www.entrytime.com until 1 October, or you can enter on race day from 5:30am.



DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM



SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA:
RUNNERSWORLD.CO.ZA/RACE-CALENDAR



GAUTENG

SATURDAY 3 OCTOBER

21.1 42.2

National Business Challenge Relay

Rietondale Park, Van der
Merve Street, Pretoria; 42.2km
Run (6 x 7km) & 21.1km Walk (3
x 7km): 6am
Events Office 0860 460 906
www.sportsvendo.co.za

Challenge your friends and
colleagues by entering a team
of six runners, or three walkers.
Each runner and walker will
complete the 7km course,
and there is one change-over
point close to the venue, which
makes for a spectator-friendly
event, fun for the whole family.
Each finisher will receive a
medal, and there will be lucky
draw prizes up for grabs.
Pre-entries are available at
selected shops in the area, or
on the race website and [www.
entrytime.com](http://www.entrytime.com). No entries will
be taken after 17 September, so
remember to enter early.

*Relay Day:
A not-so-
serious
challenge for
family, friends
and work
colleagues.*

ED'S CHOICE



THURSDAY 1 OCTOBER

4 8

Irene Primary School Moonlight Fun Run

The Oval, Irene, Centurion;
4km: 6:15pm; 8km: 6:30pm
Irene Primary School
012 667 1037/8
www.ireneprimary.co.za or
search for 'Irene Primary
Moonlight' on
www.facebook.com

SUNDAY 4 OCTOBER

5 10 21.1

Komatsu Half Marathon & 10km

Barnard Stadium, Green
Avenue, corner of Plane Road
(next to Kempton Golf Course),
Kempton Park; 21.1km & 10km:
7am; 5km Fun Run: 7:10am
John 083 320 9331

SUNDAY 11 OCTOBER

5 10

Spar Women's Race - Johannesburg

Wanderers Club, 21 North
Street, Illovo, Johannesburg;
10km & 5km: 8am
Sportsvendo Head Office
086 046 0906

SUNDAY 25 OCTOBER

5 10 21.1

Diepkloof Half Marathon & 10km

University of Johannesburg,
Soweto Campus, Chris Hani
Road, Soweto; 21.1km & 10km:
6am; 5km Fun Run/Walk: 6:15am
Sebenzile 082 314 5246 /
011 602 3911 (w) / Godfrey Riet
072 567 5030



ED'S CHOICE



KWAZULU-NATAL

SUNDAY 18 OCTOBER

21.1 42.2

Goss & Balfe Sapphire Coast Marathon

Just north of Scottburgh Station, Scottburgh; 42.2km: 6am; Directly opposite Ilfracombe Station; 21.1km: 6am
Desmond van der Merwe
082 806 0348
www.totiac.co.za

This race is regarded as an exciting experience for runners, because it includes a free train ride from Amanzimtoti station, stopping halfway at Ilfracombe, just before Umkomaas (the starting point for the 21.1km), and then continuing to Scottburgh for the starting point of the 42.2km race. There are two trains that leave at 5am, just in time for the 6am start. Views of the Indian Ocean line the route, and the marathon is a Comrades and Old Mutual Two Oceans qualifier. Only pre-entries will be accepted, on www.eventtiming.co.za/gossbalfe, and will close on 10 October.

*Train In Vain:
The Goss & Balfe
is something a
little different
for runners.*



SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/ RACE-CALENDAR

SUNDAY 11 OCTOBER

10 21.1

Swift Half Marathon

Hulamin Grounds, Campsdrift, Pietermaritzburg; 21.1km, 10km Run & 10km Walk: 6am
Avin Bhimsen 083 771 4549

SUNDAY 25 OCTOBER

3 10

Chesterville 10km Challenge

Chesterville Sport Grounds, Durban; 10km: 7am; 3km Fun Run: 7:05am
Mandla Dlodlo 078 357 4495



Other Provinces

EASTERN CAPE

BORDER

SATURDAY 3 OCTOBER

5 21.1 68

Legends Marathon

Bisho Stadium, Buffalo Park Drive, East London; 68km: 6am; Turnbull Park Recreation Club, 48 Betterson Street, East London; 21.1km: 7am; Jan Smuts Stadium, East London; 5km Fun Run: 9am

Meta Scott 043 735 1302 / 071 074 8022

www.legendsmarathon.co.za

EASTERN PROVINCE

SATURDAY 3 OCTOBER

5 21.1

Windpomp Run

Top of Ouberg Pass, on the R63 (close to Graaff-Reinet); 21.1km: 7am; Botanical Sports Grounds, Graaff-Reinet; 5km: 8am

Stephanie Faber 049 891 0825 or windpomprun2015@myactiveweb.co.za

FREE STATE

No races scheduled for this period.

NORTH WEST PROVINCE

CENTRAL NORTH WEST

No races scheduled for this period.

NORTH WEST NORTH

SATURDAY 3 OCTOBER

5 15 25

Kromberg & Schubert Road Race

Hoërskool Brits, Brits; 25km & 15km: 6am; 5km Fun Run: 6:15am

Vleis Walker 082 854 6121

www.roadrace.co.za

SATURDAY 31 OCTOBER

5 10 21.1

LaFarge Zebra Zamba Race

Lichtenburg Boat Club, corner of Church and Eeufes Street, Lichtenburg; 21.1km: 7am; 10km & 5km Fun Run: 7:10am

Dave Oosterhuizen

083 311 2962

www.lichtenburgmarathonklub.za.net

NORTHERN CAPE

GRIQUALAND WEST

SATURDAY 17 OCTOBER

5 10 21.1

Vodacom Half Marathon & 10km

Bishops Club, Kimberley; 21.1km, 10km & 5km: 6am

Gerhard Kruger 082 499 5990

SATURDAY 24 OCTOBER

10

Van Zyl's Vleis 10km

Van Zyl's Vleis, corner of Quinn and Knight Street, Kimberley; 10km: 6am

Gerhard Kruger 082 499 5990

NORTH WEST CAPE

No races scheduled for this period.

MPUMALANGA

SATURDAY 3 OCTOBER

5 10 21.1

Build It Graskop / Legogote God's Window Half Marathon & 10km

Graskop Caravan Park, Graskop; 21.1km, 10km & 5km: 7am

Amanda Wessels 084 583 6945

/ Jurgen Halbach 083 290 0678

www.legogotevillagers.co.za

WEDNESDAY 7 OCTOBER

4.9 10

Hans Storm Memorial 10km Nite

Laerskool JJ van der Merwe, Hubbard Street, Ermelo; 10km: 7pm; 4.9km Fun Run: 7:10pm

Adele 082 772 0613 / Hennie

Niewenhuis 082 895 9206

LIMPOPO

SATURDAY 24 OCTOBER

5 10 21.1

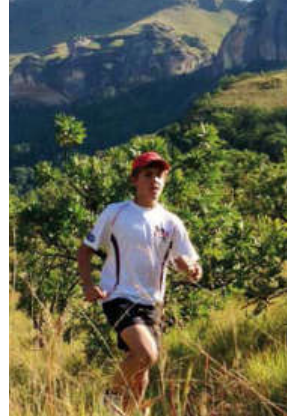
Nguni Grill Half Marathon & 10km

Nguni Grill, Pietersburg, Polokwane; 21.1km: 7:30am; 10km & 5km Fun Run: 7:35am

Kobie Marais 082 561 5429

Best Of Border:
Thumbs up for
the Legends
Marathon in
East London.





TRAIL

SATURDAY 3 – SUNDAY
4 OCTOBER

15 25

Runtheberg Trail Run

All Out Adventures (close to the Royal Natal National Park and Northern Berg resorts, including Alpine Health), Northern Drakensberg; Extreme +/-25km per day: 7am; Challenge +/-15km per day: 7:30am

Warren King 083 449 4113

www.runtheberg.co.za

Early October sees the second running of the already well-entrenched and popular Runtheberg Trail Run, in the spectacular Northern Drakensberg. It's just a three- to four-hour drive from Gauteng, Durban and Bloemfontein, but entrants have been known to travel from even further afield, including the Western Cape, France, Germany and the UK. Runners can choose between two races. The 15km-per-day Challenge, a shorter distance with less elevation, is the perfect introduction to multi-stage trail running. All entrants will receive a technical race T-shirt, a fully-loaded goodie bag, and locally-crafted medals.

SUNDAY 4 OCTOBER

5 11.9

Spur KZN Trail SeriesTM 1 of 4

Inanda Dam East, Valley of 1000 Hills; 11.9km: 7:15am; 5km: 7:30am

Wildrunner 021 821 9898 /

072 438 3242

www.trailseries.co.za

Pelindaba / Hartbeespoort Dam area (TBA); 120km (24 hours): 12pm

Disciplines: MTB (60% / 77km), trekking (25% / 26km), kayaking (15% / 16km), orienteering, obstacle course

Stephan Muller 083 226 3254

www.kineticgear.co.za

FRIDAY 16 – SATURDAY

17 OCTOBER

5 43

The Otter – The Grail of Trail – The Run

De Vasselot Campsite, Nature's Valley, Tsitsikamma section of the Garden Route National Park, Eastern Cape; 16 October: 5km Prologue: 10am – 4pm; 17 October: 43km: 6:30am

Magnetic South 044 382 2932

www.theotter.co.za

SATURDAY 31 OCTOBER

5 10 20

WildJoburg

Thaba Trails, 101 Klipriver Drive, Mulbarton, Johannesburg South; 20km: 7am; 10km:

7:45am; 5km: 8:30am

Warren King 083 449 4113

www.wildjoburg.co.za

MULTI-SPORT

SATURDAY 3 OCTOBER

Freshpak Fitness Festival

Clanwilliam Dam, Clanwilliam Swims – 3km, 1.5km

FitKids – 1km run, 200m swim, 1km run

Run for Fun – Kids under 8 – 1km

Biathlon – 5km run, 20km cycle (solo or teams)

Duathlon – 5km run, 20km cycle, 2.5km run (solo or teams)

Triathlon – 800m swim, 20km cycle, 5km run (solo or teams)

www.freshpakfitnessfestival.co.za

www.facebook.com/FreshpakFitnessFestival

SATURDAY 10 – SUNDAY 11
OCTOBER

Pecanwood Oktoberfest

Howick Falls, Pietermaritzburg

14km & 7km Trail Run

40km & 20km MTB

4x4 Exhibition and Technical Challenge

WFO Regional Round 5 Enduro

25km Wild Will Rancing Enduro Fun Ride

Festival featuring 32 different types of beer and food stalls.

Oktoberfest 074 821 1144

www.oktoberfestkzn.co.za

HIKING

SUNDAY 11 & SUNDAY 25
OCTOBER

Metropolitan Hope Hike

11 October: D'Aria Estate, M13 Tygerberg Valley Road, Durbanville, Cape Town

25 October: Van Gaalens, R560, Skeerpoort

10km: 8:30am; 5km: 9am; 3km: 9:30am

Niquita Chamberlain

entries@iqela-events.co.za

or www.iqela-events.co.za/hopehike.html

ADVENTURE RACING

SATURDAY 24 – SUNDAY 25
OCTOBER

Kinetic Full Moon Adventure 2



SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR



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Back of the Pack

BY BRUCE PINNOCK

SHAZAM!

You *shall* finish your race without training or dieting, says Bruce's new guidebook.

In an era of how-to books – written by experts in just about every field you can imagine (and even some of those you can't, like how to have sex on a unicycle) – you'd think back-of-the-pack runners would, at the very least, have one book to guide them. Shockingly, that book has yet to be published.

Just show me a running trainer who's written something on how to shuffle, waddle and stagger your way to finishing within a hop, skip and a jump of the cut-off time, overweight, undertrained and untalented. No; it's assumed the scrubbers bringing up the rear are willing (and able) to *change*. That they'll embark on the straight and narrow path to serious training, getting fitter, and – get this – losing weight. But running authors are missing the point: if we could all do that, then we wouldn't have to worry about cut-off times.

Once, I wrote to a running-trainer-come-agony-aunt, asking him what strategy I should've used after I'd missed the cut-off of a race by – if I'm being honest – a considerably long way. I gave him plenty of information to work with: an outline of my training programme, my personal bests over a variety of distances, and a detailed breakdown of my race strategy.

HOME TRUTHS

His reply was terse: "You had a bad run because you're undertrained, overweight, and show little to no indication of running talent. Your over-ambitious race strategy makes about as much sense as if the Wizard of Oz and Harry Potter were living among us. Want my advice? Take up chess."

Had he seen how bad I am at chess, he might not have made such a recommendation. But in effect, he was saying that if you're not able to run to the fridge without wheezing, and unless you weigh less than the mass of the very same overstocked kitchen unit, then you shouldn't be running at all. What a load of...

"Your over-ambitious race strategy makes about as much sense as if the Wizard of Oz and Harry Potter were living among us."

"Excuse me, Mr I-like-playing-quidditch-somewhere-over-the-rainbow," I rage-typed my response, "but you haven't told me anything I don't already know. You haven't answered my question, so I'll ask it again: what strategy *should* I have employed, given my status?"

That's where our correspondence ended.

But there is hope for those forever beaten by the cut-off, for I have plans to pen my own essential guide. The title will be *How To Be A Runner Who Beats The Cut-Off Without Torturing Him- Or Herself To Death By Training Or Dieting, Because He Or*




She Knows He Or She Is Too Lazy To Do Either.

The first chapter will be *Choosing Your Own Cut-Off Time*, and it will begin thus: "No longer shall we be subjected to the tyranny of official cut-off times, designed for runners who have even a modicum of athleticism. Follow these easy steps to selecting a cut-off time to suit even the most untrained, un-athletic of runners."

In this particular chapter, I'll highlight the benefit of timing only the parts of the race in which you're actually moving – when you stop to rest, it's only fair that time should stand still with you.

It'll also include other useful tips, like "Never be afraid to start slowly – you can always slow down later". And in the final chapter, titled *Conserving Your Energy So That You're Still Moving When You Enter The Stadium*, there will be a useful reminder: "Remember, walking is sometimes more energy-consuming than slow jogging – avoid doing much of either."

I bet you can't wait for it to be published. Watch this space.

[We're talking to publishers already. – Ed.] 

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